



Creamsicles from 'Classic Snacks Made from Scratch

 Gluten Free

READY IN



600 min.

SERVINGS



6

CALORIES



637 kcal

SIDE DISH

Ingredients

- ☐ 3.5 ounces granulated sugar
- ☐ 1.5 teaspoons half and half
- ☐ 1.5 cups orange juice freshly squeezed
- ☐ 1.5 teaspoons powdered sugar
- ☐ 0.5 teaspoon vanilla extract
- ☐ 6 servings whipped cream
- ☐ 3 cups whipping cream light

Equipment


- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ whisk
- ☐ measuring cup
- ☐ ice cream machine
- ☐ popsicle sticks

Directions

- ☐ Make the vanilla ice cream base: Bring the cream to a bare simmer in a 1-quart saucepan over medium-low heat, just until it is steaming and small bubbles form around the edges.
- ☐ Remove from the heat and whisk in the sugar and vanilla until the sugar is fully dissolved.
- ☐ Transfer to a clean bowl, cover, and refrigerate for at least 4 hours or until fully chilled. When the ice cream base is fully chilled, freeze it in an ice cream maker according to the manufacturer's instructions. When it has completed its cycle the ice cream will have the consistency of soft-serve.
- ☐ Assemble the popsicles: Completely fill 6 (3-ounce) Dixie cups with the ice cream, insert Popsicle sticks, and freeze for 2 hours until fully hardened.
- ☐ While the vanilla layer chills, whisk the orange juice, half and half, and powdered sugar together in a liquid measuring cup. Set 6 (5-ounce) Dixie cups on a small, freezer-safe plate or baking sheet and pour 1/4 cup of the orange juice mixture into each cup.
- ☐ Peel the Dixie cups off the frozen ice cream and insert the pops into the orange juice-filled Dixie cups, pushing down to displace the juice and cover the ice cream entirely.
- ☐ Add more juice to cover as necessary. You may have to weigh the ice cream down with an additional baking sheet and bag of frozen peas to make sure the vanilla layer stays submerged.
- ☐ Freeze for 4 hours, until the juice is fully hardened. Peel the Dixie cups off before serving. Store the Popsicles in the freezer in an airtight container for up to a month.

Nutrition Facts



 **PROTEIN 3.8%**  **FAT 70.04%**  **CARBS 26.16%**

Properties

Glycemic Index:30.52, Glycemic Load:24.05, Inflammation Score:-8, Nutrition Score:10.325652208017%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 7.41mg, Hesperetin: 7.41mg, Hesperetin: 7.41mg, Hesperetin: 7.41mg Naringenin: 1.33mg, Naringenin: 1.33mg, Naringenin: 1.33mg, Naringenin: 1.33mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 637.33kcal (31.87%), Fat: 50.54g (77.75%), Saturated Fat: 31.95g (199.71%), Carbohydrates: 42.47g (14.16%), Net Carbohydrates: 41.88g (15.23%), Sugar: 39.76g (44.18%), Cholesterol: 163.95mg (54.65%), Sodium: 86.52mg (3.76%), Alcohol: 0.11g (100%), Alcohol %: 0.05% (100%), Protein: 6.16g (12.33%), Vitamin A: 2155.58IU (43.11%), Vitamin C: 32.12mg (38.93%), Vitamin B2: 0.41mg (23.92%), Calcium: 171.38mg (17.14%), Phosphorus: 150.07mg (15.01%), Vitamin D: 2.04µg (13.57%), Potassium: 370.87mg (10.6%), Vitamin E: 1.32mg (8.8%), Vitamin B5: 0.81mg (8.08%), Vitamin B12: 0.45µg (7.5%), Vitamin B1: 0.11mg (7.14%), Selenium: 4.96µg (7.09%), Folate: 26.7µg (6.67%), Magnesium: 24.56mg (6.14%), Zinc: 0.78mg (5.19%), Vitamin B6: 0.1mg (4.94%), Vitamin K: 4.08µg (3.89%), Copper: 0.06mg (2.85%), Fiber: 0.59g (2.34%), Vitamin B3: 0.4mg (2.02%), Iron: 0.31mg (1.73%)