



Halo-Halo Ice Pops

 Vegetarian  Gluten Free

READY IN



525 min.

SERVINGS



6

CALORIES



210 kcal

DESSERT

Ingredients

- 0.3 cup granulated sugar
- 0.5 cup cup heavy whipping cream
- 0.8 cup mangos sweetened whole red boiled ripe
- 1 cup coconut milk unsweetened
- 0.3 teaspoon vanilla extract
- 0.3 cup milk whole
- 0.5 cup frangelico frozen grated (purple yam;)
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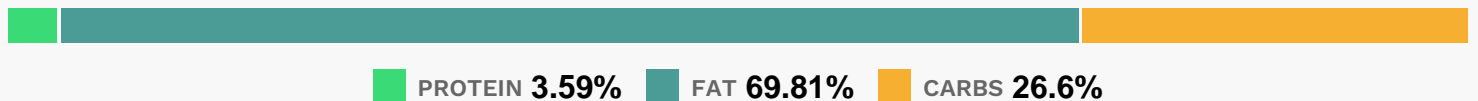
Equipment

- bowl
- sauce pan
- whisk
- blender
- kitchen towels
- measuring cup

Directions

- Place the ube, cream, milk, and 1/4 cup of the sugar in small saucepan over medium heat and whisk until the sugar has dissolved, about 10 minutes.
- Transfer the mixture to a blender. Purée until smooth, removing the small cap from the blender lid (the pour lid) and covering the space with a kitchen towel (this allows steam to escape and prevents the blender lid from popping off).
- Pour the mixture into a heatproof measuring cup and stir in the vanilla. Divide the mixture among the pop molds, filling them halfway.
- Place in the freezer until almost completely solid, about 2 hours. When the frozen ube is ready, prepare the coconut milk–fruit mixture.
- Place the coconut milk in a small bowl and add the remaining 3 tablespoons sugar.
- Whisk until the mixture is smooth and the sugar has dissolved, about 2 minutes. Stir in the fruit or other add-ins, if using; set aside.
- Remove the molds from the freezer, stir the coconut milk–fruit mixture again, and, using a spoon, evenly divide the mixture among the molds. Insert the sticks and freeze until solid, at least 6 hours.

Nutrition Facts



Properties

Glycemic Index:26.64, Glycemic Load:7.43, Inflammation Score:-4, Nutrition Score:4.6856522249139%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg

Nutrients (% of daily need)

Calories: 210.47kcal (10.52%), Fat: 17.11g (26.32%), Saturated Fat: 13.21g (82.56%), Carbohydrates: 14.67g (4.89%), Net Carbohydrates: 13.46g (4.89%), Sugar: 13.57g (15.08%), Cholesterol: 23.63mg (7.88%), Sodium: 15.52mg (0.67%), Alcohol: 0.06g (100%), Alcohol %: 0.07% (100%), Protein: 1.98g (3.96%), Manganese: 0.38mg (19.04%), Vitamin A: 531.18IU (10.62%), Vitamin C: 8.75mg (10.6%), Copper: 0.13mg (6.61%), Phosphorus: 64.67mg (6.47%), Potassium: 174.35mg (4.98%), Selenium: 3.44µg (4.92%), Magnesium: 19.49mg (4.87%), Fiber: 1.21g (4.84%), Folate: 16.06µg (4.02%), Iron: 0.71mg (3.96%), Vitamin B2: 0.06mg (3.58%), Calcium: 34.37mg (3.44%), Vitamin E: 0.43mg (2.89%), Vitamin D: 0.43µg (2.86%), Vitamin B6: 0.05mg (2.55%), Zinc: 0.38mg (2.51%), Vitamin B3: 0.47mg (2.33%), Vitamin B5: 0.2mg (2.02%), Vitamin B1: 0.03mg (1.72%), Vitamin K: 1.57µg (1.5%), Vitamin B12: 0.09µg (1.44%)