



Hard Lemonade Poptails



Gluten Free



Dairy Free

READY IN



305 min.

SERVINGS



8

CALORIES



123 kcal

SIDE DISH

Ingredients

- ☐ 8 celery stalks with round ends)
- ☐ 2 cups pink lemonade kool-aid prepared
- ☐ 8 small peanut butter cups
- ☐ 0.5 cup strawberry gelatin

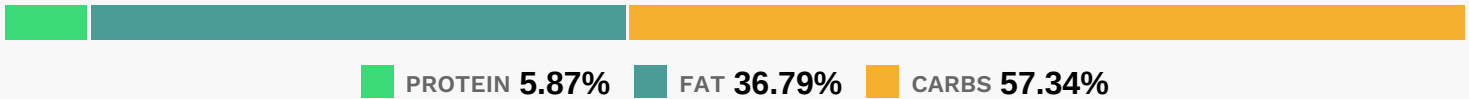
Equipment

- ☐ aluminum foil

Directions

- ☐ Into each paper cup, pour 1/4 cup lemonade and 1 tablespoon schnapps; stir.
- ☐ Place small piece of foil over top of each cup. Make small slit in center of each piece of foil; insert stick.
- ☐ Place cups on tray. Freeze at least 5 hours.
- ☐ Tear off paper cups and serve.

Nutrition Facts



Properties

Glycemic Index:12.06, Glycemic Load:4.84, Inflammation Score:-1, Nutrition Score:1.4065217537724%

Flavonoids

Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 123.04kcal (6.15%), Fat: 5.19g (7.99%), Saturated Fat: 1.82g (11.38%), Carbohydrates: 18.21g (6.07%), Net Carbohydrates: 17.53g (6.37%), Sugar: 16.19g (17.99%), Cholesterol: 1.02mg (0.34%), Sodium: 73.75mg (3.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.86g (3.73%), Vitamin B3: 0.78mg (3.88%), Phosphorus: 30.18mg (3.02%), Magnesium: 11.01mg (2.75%), Fiber: 0.68g (2.7%), Folate: 9.98µg (2.49%), Copper: 0.04mg (2.19%), Potassium: 68.8mg (1.97%), Vitamin B1: 0.03mg (1.87%), Zinc: 0.22mg (1.49%), Calcium: 14.9mg (1.49%), Vitamin K: 1.51µg (1.44%), Vitamin B2: 0.02mg (1.27%), Iron: 0.22mg (1.2%), Vitamin B5: 0.12mg (1.15%)