



Hard Lemonade Poptails



Gluten Free



Dairy Free

READY IN



305 min.

SERVINGS



8

CALORIES



72 kcal

SIDE DISH

Ingredients

- ☐ 8 small cocoa mix
- ☐ 2 cups pink lemonade kool-aid prepared
- ☐ 0.5 cup peach schnapps
- ☐ 8 celery stalks (with round ends)

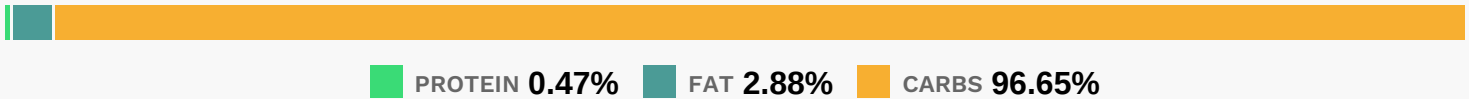
Equipment

- ☐ 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:0.18347826187053%

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: 72.39kcal (3.62%), Fat: 0.16g (0.24%), Saturated Fat: 0.1g (0.64%), Carbohydrates: 11.83g (3.94%), Net Carbohydrates: 11.73g (4.26%), Sugar: 11.06g (12.28%), Cholesterol: 0mg (0%), Sodium: 15.44mg (0.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.06g (0.12%), Vitamin K: 1.17µg (1.12%)