



## Light Mai Tai Tiki Pops

 Gluten Free  Dairy Free

READY IN



680 min.

SERVINGS



6

CALORIES



124 kcal

DESSERT

### Ingredients

- 1 teaspoon amaretto
- 0.3 cup coconut milk canned well (not cream of coconut)
- 1 teaspoon rum dark
- 2 tablespoons rum dark
- 2 tablespoons rum light
- 6 oz lime light fat free yoplait®
- 2 tablespoons juice of lime fresh
- 1 cup mangos fresh pitted cubed peeled

- 0.8 cup apricot-mango nectar chilled
- 1 tablespoon orange liqueur
- 3 tablespoons sugar

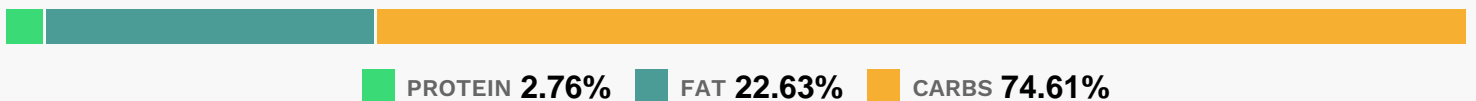
## Equipment

- bowl
- whisk
- blender
- aluminum foil

## Directions

- In small bowl, beat coconut colada layer ingredients with whisk until smooth. Divide mixture among six 5-oz paper cups. Cover with foil; insert craft stick (flat wooden stick with round ends) through foil into center of pop. Freeze 2 to 3 hours or until frozen.
- Meanwhile, in blender, place mango mai tai layer ingredients. Cover; blend on medium speed about 45 seconds, stopping frequently to scrape sides, until smooth. Cover and refrigerate while waiting for first layer to freeze.
- When first layer is frozen, remove foil from pops.
- Pour mango mixture over frozen layer. Return foil to pops to help support sticks. Freeze about 8 hours or until frozen before serving. Store remaining pops covered in freezer.

## Nutrition Facts



## Properties

Glycemic Index:33.14, Glycemic Load:6.79, Inflammation Score:-5, Nutrition Score:3.9173912872439%

## Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.47mg, Catechin: 0.47mg, Catechin: 0.47mg, Catechin: 0.47mg Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 12.64mg, Hesperetin: 12.64mg

Hesperetin: 12.64mg, Hesperetin: 12.64mg Naringenin: 0.98mg, Naringenin: 0.98mg, Naringenin: 0.98mg, Naringenin: 0.98mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

## **Nutrients (% of daily need)**

Calories: 123.65kcal (6.18%), Fat: 2.59g (3.99%), Saturated Fat: 2.15g (13.44%), Carbohydrates: 19.24g (6.41%), Net Carbohydrates: 17.67g (6.42%), Sugar: 15.62g (17.35%), Cholesterol: 0mg (0%), Sodium: 4.45mg (0.19%), Alcohol: 4.49g (100%), Alcohol %: 4.64% (100%), Protein: 0.71g (1.42%), Vitamin C: 24.81mg (30.07%), Vitamin A: 531.34IU (10.63%), Fiber: 1.57g (6.27%), Manganese: 0.12mg (6.18%), Folate: 18.39µg (4.6%), Copper: 0.09mg (4.28%), Potassium: 116.13mg (3.32%), Iron: 0.5mg (2.8%), Vitamin B6: 0.05mg (2.75%), Vitamin E: 0.4mg (2.68%), Magnesium: 9.59mg (2.4%), Phosphorus: 20.91mg (2.09%), Calcium: 20.11mg (2.01%), Vitamin B3: 0.36mg (1.78%), Vitamin B5: 0.16mg (1.62%), Vitamin K: 1.62µg (1.54%), Selenium: 1.07µg (1.54%), Vitamin B1: 0.02mg (1.45%), Vitamin B2: 0.02mg (1.16%)