



Mexican Paletas

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



75 kcal

SIDE DISH

Ingredients

- 0.8 cup banana ripe mashed
- 1 cup milk
- 0.3 cup sugar
- 1 teaspoon vanilla

Equipment

- sieve
- blender

Directions

- Pour paletas mixture (choices follow) equally into 6 juice bar molds (see notes). Attach covers. Insert sticks, leaving 1 1/2 to 2 inches of each exposed. Freeze paletas upright until firm, at least 3 hours or up to 2 weeks.
- Hold each mold up to the rim under warm running water just until paletas are released from sides of molds, 5 to 15 seconds.
- Remove covers and pull out paletas.
- Banana paletas. In a 2-cup glass measure, combine 1 cup milk, 3/4 cup smoothly mashed ripe banana, 1 teaspoon vanilla, and 1/4 cup sugar; stir until sugar is dissolved (mixture is no longer grainy to taste).
- Blackberry paletas. In a blender, whirl 2 1/2 cups rinsed, drained blackberries until smooth. Push through a strainer into a 2-cup glass measure; discard residue.
- Add 1 cup milk and 6 tablespoons sugar to berry pure; stir until sugar is dissolved.
- Cucumber-chili paletas. In a blender, combine 3 cups 1-inch chunks peeled, seeded cucumber (1 1/2 lb.); 2/3 cup sugar; 1/3 cup lemon juice; and 1 rinsed, stemmed jalapeo chili (1 to 1 1/2 oz.; remove seeds and veins for less heat). Whirl until smooth. Push mixture through a fine strainer set over a 2-cup glass measure; discard residue.
- Mango paletas. In a blender, combine 2 1/2 cups 1-inch chunks mangoes (from 1 1/2 lb. fruit), 1/4 cup sugar, and 3 tablespoons lime juice; whirl until smooth.
- Pia colada paletas. In a blender, combine 1 cup milk, 1/2 cup 1-inch chunks fresh or canned pineapple, 1/3 cup sugar, 1 teaspoon vanilla, and 1/2 teaspoon coconut extract; whirl until smooth.
- Sour orange paletas. In a 2-cup glass measure, combine 1 1/3 cups orange juice, 1/3 cup lime juice, and 1/4 cup sugar; stir until sugar is dissolved.
- Strawberry paletas. In a blender, whirl 3 3/4 cups rinsed, hulled strawberries until smooth. Push through a fine strainer into a 2-cup glass measure; discard residue.
- Add 1/3 cup sugar and 1 tablespoon lemon juice to berry pure; stir until sugar is dissolved.

Nutrition Facts



Properties

Glycemic Index:27.14, Glycemic Load:8.61, Inflammation Score:-1, Nutrition Score:2.1639130536629%

Flavonoids

Catechin: 1.14mg, Catechin: 1.14mg, Catechin: 1.14mg, Catechin: 1.14mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 75.09kcal (3.75%), Fat: 1.39g (2.14%), Saturated Fat: 0.78g (4.86%), Carbohydrates: 14.56g (4.85%), Net Carbohydrates: 14.07g (5.12%), Sugar: 12.64g (14.05%), Cholesterol: 4.88mg (1.63%), Sodium: 15.78mg (0.69%), Alcohol: 0.23g (100%), Alcohol %: 0.42% (100%), Protein: 1.54g (3.08%), Calcium: 51.11mg (5.11%), Vitamin B6: 0.09mg (4.69%), Phosphorus: 45.24mg (4.52%), Vitamin B2: 0.07mg (4.24%), Potassium: 129.28mg (3.69%), Vitamin B12: 0.22µg (3.66%), Vitamin D: 0.45µg (2.98%), Manganese: 0.05mg (2.71%), Magnesium: 10.02mg (2.51%), Vitamin B5: 0.21mg (2.15%), Vitamin C: 1.63mg (1.98%), Fiber: 0.49g (1.95%), Vitamin B1: 0.03mg (1.91%), Vitamin A: 77.88IU (1.56%), Selenium: 1.01µg (1.44%), Zinc: 0.2mg (1.31%)