



Orange Cream Pops



Vegetarian



Gluten Free

READY IN



343 min.

SERVINGS



20

CALORIES



78 kcal

Ingredients

- ☐ 4.5 cups whipped cream light divided softened
- ☐ 1 drop orange food coloring
- ☐ 0.3 cup orange juice concentrate undiluted thawed
- ☐ 1 tablespoon orange rind grated
- ☐ 1 teaspoon vanilla extract
- ☐ 0.3 cup whipping cream
- ☐ 1 drop food coloring yellow

Equipment

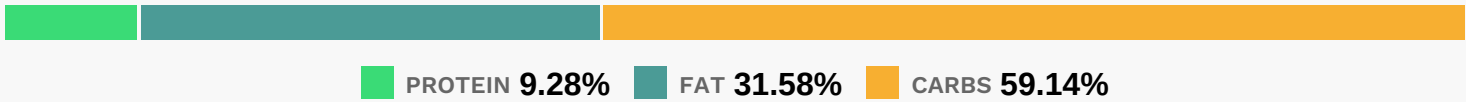
- ☐ bowl

☐ blender

Directions

- ☐ Combine 3 1/4 cups ice cream, orange juice concentrate, and next 3 ingredients (through yellow food coloring) in a large bowl, stirring until colors blend. Beat whipping cream with a mixer at high speed until soft peaks form; fold in vanilla. Fold whipped cream mixture into 1 1/4 cups vanilla ice cream.
- ☐ Divide half of orange-flavored ice cream among 20 (2-ounce) ice pop molds. Top with lid. Freeze 30 minutes or until set. Uncover and top each serving with vanilla ice cream mixture; top with lid. Insert a craft stick into center of each mold; freeze 45 minutes or until set. Uncover and top each serving with remaining orange-flavored ice cream. Freeze at least 4 hours or until thoroughly frozen.

Nutrition Facts



Properties

Glycemic Index:1.8, Glycemic Load:3.6, Inflammation Score:-2, Nutrition Score:2.0508695594642%

Nutrients (% of daily need)

Calories: 77.8kcal (3.89%), Fat: 2.74g (4.21%), Saturated Fat: 1.69g (10.55%), Carbohydrates: 11.52g (3.84%), Net Carbohydrates: 11.35g (4.13%), Sugar: 8.72g (9.69%), Cholesterol: 12.6mg (4.2%), Sodium: 26.39mg (1.15%), Alcohol: 0.07g (100%), Alcohol %: 0.21% (100%), Protein: 1.81g (3.62%), Vitamin C: 5.98mg (7.25%), Calcium: 58.88mg (5.89%), Vitamin B2: 0.1mg (5.85%), Vitamin A: 211.66IU (4.23%), Phosphorus: 39.19mg (3.92%), Potassium: 97.22mg (2.78%), Vitamin B12: 0.17µg (2.76%), Vitamin B5: 0.19mg (1.94%), Vitamin B1: 0.03mg (1.92%), Zinc: 0.26mg (1.76%), Magnesium: 6.33mg (1.58%), Vitamin B6: 0.03mg (1.31%), Folate: 4.99µg (1.25%), Selenium: 0.79µg (1.13%)