



Paletas de Arequipe y Coco (Dulce de Leche and Coconut Popsicles)



Vegetarian



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



293 kcal

SIDE DISH

Ingredients

☐ 27 oz coconut milk canned☐ 2.5 cups dulce de leche

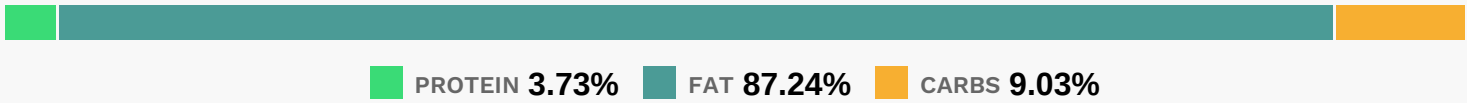
Equipment

☐ blender

Directions

Place all the ingredients in a blender and blend until smooth.Divide evenly into ice popsmolds.
Seal and freeze until ready, about 4 hours.

Nutrition Facts



Properties

Glycemic Index:7, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:7.554782571676%

Nutrients (% of daily need)

Calories: 293.42kcal (14.67%), Fat: 30.36g (46.71%), Saturated Fat: 26.92g (168.24%), Carbohydrates: 7.07g (2.36%), Net Carbohydrates: 4.26g (1.55%), Sugar: 4.26g (4.73%), Cholesterol: 0mg (0%), Sodium: 19.14mg (0.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.92g (5.84%), Manganese: 1.17mg (58.43%), Copper: 0.34mg (16.97%), Phosphorus: 127.57mg (12.76%), Magnesium: 47.2mg (11.8%), Iron: 2.09mg (11.62%), Selenium: 7.91µg (11.3%), Fiber: 2.81g (11.23%), Potassium: 335.52mg (9.59%), Zinc: 0.85mg (5.7%), Folate: 20.41µg (5.1%), Vitamin B3: 0.97mg (4.85%), Vitamin C: 3.57mg (4.33%), Vitamin B5: 0.23mg (2.33%), Vitamin B1: 0.03mg (2.21%), Vitamin B6: 0.04mg (2.1%), Calcium: 20.41mg (2.04%), Vitamin E: 0.19mg (1.28%)