



Paletas de Coco con Bocadillo (Coconut and Guava Paste Popsicles)



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



486 kcal

SIDE DISH

Ingredients

- ☐ 15 oz coconut milk canned
- ☐ 1 tablespoon cornstarch
- ☐ 0.5 cup guava paste diced
- ☐ 0.5 cup heavy cream
- ☐ 0.5 cup milk
- ☐ 15 oz condensed milk sweetened canned
- ☐ 0.5 teaspoon vanilla extract

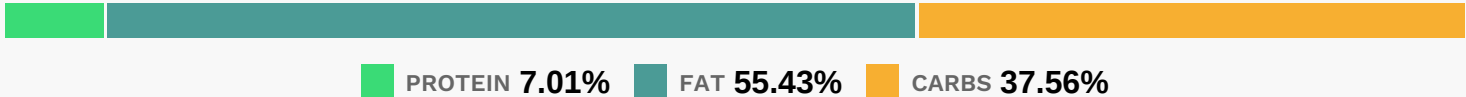
Equipment

- ☐ blender
- ☐ popsicle molds
- ☐ popsicle sticks

Directions

- ☐ Place all the ingredient in a blender, except the guava paste, and blend until well combined.lace a couple of guava paste pieces into popsicle molds or paper cups.
- ☐ Pour the coconut mixture into the molds.If using cups, you'll need to insert wooden popsicle sticks. Freeze for about 4 hours, or until firm.

Nutrition Facts



Properties

Glycemic Index:27.33, Glycemic Load:24.67, Inflammation Score:-6, Nutrition Score:13.106521793034%

Nutrients (% of daily need)

Calories: 485.54kcal (24.28%), Fat: 30.98g (47.66%), Saturated Fat: 23.82g (148.89%), Carbohydrates: 47.22g (15.74%), Net Carbohydrates: 44.91g (16.33%), Sugar: 43.75g (48.61%), Cholesterol: 48.95mg (16.32%), Sodium: 114.15mg (4.96%), Alcohol: 0.11g (100%), Alcohol %: 0.07% (100%), Protein: 8.81g (17.63%), Vitamin C: 35.3mg (42.78%), Manganese: 0.68mg (33.83%), Phosphorus: 287.92mg (28.79%), Calcium: 253.26mg (25.33%), Selenium: 15.98µg (22.84%), Vitamin B2: 0.37mg (21.53%), Potassium: 556.55mg (15.9%), Magnesium: 51.58mg (12.9%), Vitamin A: 599.52IU (11.99%), Copper: 0.23mg (11.7%), Fiber: 2.31g (9.25%), Zinc: 1.3mg (8.7%), Vitamin B5: 0.85mg (8.5%), Vitamin B12: 0.45µg (7.56%), Iron: 1.36mg (7.55%), Vitamin B1: 0.11mg (7.12%), Folate: 26.67µg (6.67%), Vitamin B6: 0.09mg (4.7%), Vitamin D: 0.68µg (4.55%), Vitamin B3: 0.87mg (4.36%), Vitamin E: 0.51mg (3.42%), Vitamin K: 1.55µg (1.48%)