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## Paletas de Limón (Creamy Lime Popsicles)



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



397 kcal

SIDE DISH

### Ingredients

- ☐ 1 teaspoon cornstarch
- ☐ 1 cup heavy cream
- ☐ 0.5 cup juice of lime fresh
- ☐ 1 tablespoon lime zest freshly grated
- ☐ 2 tablespoons sugar
- ☐ 15 oz condensed milk sweetened canned
- ☐ 0.5 cup milk whole

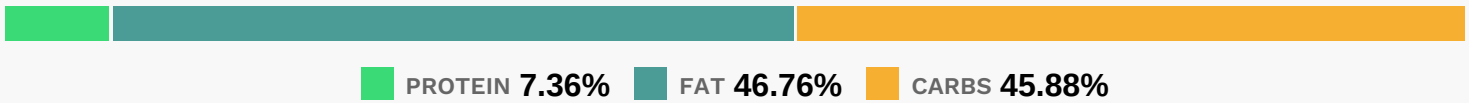
### Equipment

- ☐ blender
- ☐ popsicle molds
- ☐ popsicle sticks

## Directions

- ☐ Place all the ingredient in a blender. Blend until well combined.
- ☐ Pour into popsicle molds or paper cups. If using cups, you'll need to insert wooden popsicle sticks. Freeze for about 5 hours, or until firm.

## Nutrition Facts



## Properties

Glycemic Index:33.52, Glycemic Load:26.7, Inflammation Score:-5, Nutrition Score:7.9095652220042%

## Flavonoids

Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg Hesperetin: 2.24mg, Hesperetin: 2.24mg, Hesperetin: 2.24mg, Hesperetin: 2.24mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

## Nutrients (% of daily need)

Calories: 396.58kcal (19.83%), Fat: 21.17g (32.56%), Saturated Fat: 13.39g (83.71%), Carbohydrates: 46.72g (15.57%), Net Carbohydrates: 46.61g (16.95%), Sugar: 45.04g (50.05%), Cholesterol: 71.36mg (23.79%), Sodium: 108.94mg (4.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.49g (14.98%), Calcium: 255.67mg (25.57%), Vitamin B2: 0.4mg (23.61%), Phosphorus: 225.9mg (22.59%), Selenium: 12.12µg (17.32%), Vitamin A: 815.86IU (16.32%), Vitamin C: 8.42mg (10.21%), Potassium: 355.83mg (10.17%), Vitamin B12: 0.49µg (8.09%), Vitamin B5: 0.74mg (7.36%), Vitamin D: 1µg (6.67%), Magnesium: 25.33mg (6.33%), Vitamin B1: 0.09mg (5.9%), Zinc: 0.86mg (5.75%), Vitamin E: 0.54mg (3.57%), Vitamin B6: 0.07mg (3.53%), Folate: 11.48µg (2.87%), Vitamin K: 1.88µg (1.79%), Vitamin B3: 0.23mg (1.13%), Iron: 0.2mg (1.12%), Copper: 0.02mg (1.09%)