



Paletas de Pay de Limón

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



348 kcal

SIDE DISH

Ingredients

- 3 cups graham crackers crushed
- 1 cup half and half
- 0.8 cup juice of lime freshly squeezed (4 large limes)
- 2 teaspoons lime zest
- 1 pinch salt
- 14 ounce condensed milk sweetened canned

Equipment

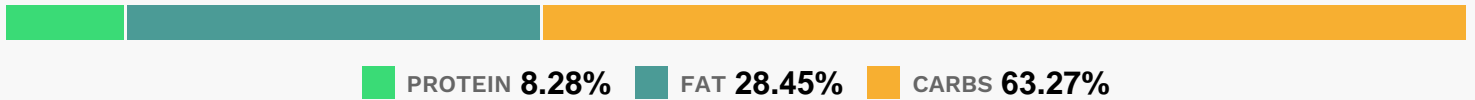
- bowl

whisk

Directions

- Put the sweetened condensed milk, half-and-half, lime juice, lime zest, and salt in a bowl and whisk until thoroughly combined.
- If using conventional molds, divide the mixture among the molds, snap on the lid, and freeze until solid, about 5 hours. If using glasses or other unconventional molds, freeze until the pops are beginning to set (1 1/2 to 2 hours), then insert the sticks and freeze until solid, 4 to 5 hours. If using an instant ice pop maker, follow the manufacturer's instructions.
- Spread the graham cracker pieces on a large plate. Unmold the paletas and press each side into the graham crackers, coating completely.
- Reprinted with permission from Paletas, Authentic Recipes For Mexican Ice Pops, Shaved Ice, & Aguas Frescas, copyright © 201

Nutrition Facts



Properties

Glycemic Index:20.88, Glycemic Load:34.66, Inflammation Score:-3, Nutrition Score:7.453913020051%

Flavonoids

Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 2.25mg, Hesperetin: 2.25mg, Hesperetin: 2.25mg, Hesperetin: 2.25mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 347.8kcal (17.39%), Fat: 11.19g (17.21%), Saturated Fat: 5.38g (33.62%), Carbohydrates: 55.97g (18.66%), Net Carbohydrates: 54.72g (19.9%), Sugar: 36.39g (40.44%), Cholesterol: 27.46mg (9.15%), Sodium: 309.18mg (13.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.33g (14.66%), Phosphorus: 225.7mg (22.57%), Vitamin B2: 0.35mg (20.56%), Calcium: 203.27mg (20.33%), Selenium: 8.34µg (11.91%), Vitamin C: 8.51mg (10.32%), Magnesium: 37.68mg (9.42%), Vitamin B1: 0.14mg (9.1%), Potassium: 310.78mg (8.88%), Iron: 1.53mg (8.48%), Zinc: 1.26mg (8.39%), Vitamin B3: 1.45mg (7.23%), Folate: 24.2µg (6.05%), Vitamin A: 251.14IU (5.02%), Fiber: 1.25g (5.01%), Vitamin B5: 0.49mg (4.89%), Vitamin B12: 0.28µg (4.6%), Vitamin B6: 0.08mg (4.15%), Vitamin E: 0.21mg (1.37%), Copper: 0.03mg (1.34%)