



Salted Margarita Cream Pops

 Vegetarian  Gluten Free

READY IN



420 min.

SERVINGS



6

CALORIES



120 kcal

Ingredients

- 2 teaspoons kosher salt
- 0.5 cup juice of lime
- 2 teaspoons lime zest minced
- 7 ounces condensed milk sweetened (half of a 14-ounce can)
- 1.5 tablespoons tequila
- 0.8 cup water

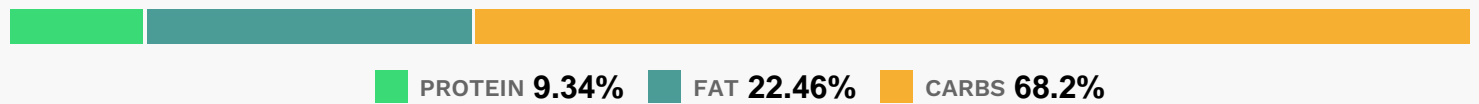
Equipment

- bowl

Directions

- In a bowl, combine the lime juice, zest, water, condensed milk, and tequila and stir well. Divide the salt evenly into the bottom (later, it will be the top) of each of six 4-ounce frozen pop molds.
- Pour the margarita mixture into each mold, leaving about 1/2 inch headspace for the liquid's expansion in the freezer. Freeze for 6 hours, until solid. To release an individual pop, rotate it under a stream of running warm tap water for about 30 seconds. Never tug on the stick! Keep running it under water until the pop can be pulled out gently. (Should this fail, eat your pop from the mold with a spoon.) Reprinted with permission from Can It, Bottle It, Smoke It And Other Kitchen Projects by Karen Solomon. Copyright 2011
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Nutrition Facts



Properties

Glycemic Index:18, Glycemic Load:10.99, Inflammation Score:-1, Nutrition Score:2.9469565308612%

Flavonoids

Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg Hesperetin: 2.1mg, Hesperetin: 2.1mg, Hesperetin: 2.1mg, Hesperetin: 2.1mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 120.07kcal (6%), Fat: 2.89g (4.45%), Saturated Fat: 1.82g (11.36%), Carbohydrates: 19.76g (6.59%), Net Carbohydrates: 19.66g (7.15%), Sugar: 18.34g (20.38%), Cholesterol: 11.25mg (3.75%), Sodium: 819.1mg (35.61%), Alcohol: 1.25g (100%), Alcohol %: 1.78% (100%), Protein: 2.71g (5.41%), Calcium: 98.34mg (9.83%), Phosphorus: 86.77mg (8.68%), Vitamin C: 7.1mg (8.61%), Vitamin B2: 0.14mg (8.29%), Selenium: 4.92µg (7.03%), Potassium: 147.22mg (4.21%), Vitamin B5: 0.27mg (2.74%), Magnesium: 10.57mg (2.64%), Vitamin B12: 0.15µg (2.43%), Vitamin B1: 0.04mg (2.35%), Zinc: 0.33mg (2.23%), Vitamin A: 98.73IU (1.97%), Folate: 5.71µg (1.43%), Vitamin B6: 0.02mg (1.24%)