



Tropical Rainbow



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



228 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 60 g blueberries
- ☐ 2 tablespoons curacao blue
- ☐ 2 tablespoons rum dark
- ☐ 250 g mangos chopped
- ☐ 100 g strawberries chopped
- ☐ 125 g caster sugar
- ☐ 2 tablespoons tequila

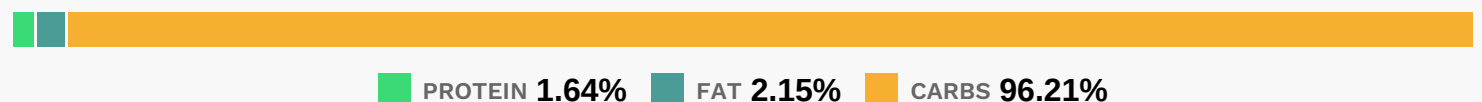
Equipment

- ☐ food processor
- ☐ bowl
- ☐ sauce pan
- ☐ popsicle molds

Directions

- ☐ Place the sugar and 1 cup (250 ml) water in a saucepan and slowly bring to a boil, allowing the sugar to dissolve.
- ☐ Let simmer gently for 5 minutes, then remove from the heat.
- ☐ Place the blueberries in a food processor and add the blue curaçao and one-third of the sugar syrup (about 5 tablespoons). Blitz until completely smooth, then pour into the bottom of four popsicle molds and place in the freezer for 1 1/2 hours.
- ☐ Meanwhile, clean the food processor bowl and add the mango with the tequila and another one-third of the syrup. Blitz until completely smooth.
- ☐ When the blueberry base is frozen solid, remove the molds from the freezer and pour over the mango mixture. Return the molds to the freezer and freeze for another 1 1/2 hours.
- ☐ Finally, blitz together the strawberries, rum, and remaining syrup.
- ☐ Pour the strawberry mixture over the mango layer once it has frozen solid.
- ☐ Freeze for another 1 1/2 hours, or until completely solid.
- ☐ Reprinted with permission from Poptails: Over 40 Alcohol-Infused Popsicles, Ices, and Slushes by Laura Fyfe. Photographs by Lis Parsons. Copyright © Octopus Publishing Group Ltd 2013.

Nutrition Facts



Properties

Glycemic Index:57.96, Glycemic Load:27.44, Inflammation Score:-6, Nutrition Score:5.5956521785778%

Flavonoids

Cyanidin: 1.75mg, Cyanidin: 1.75mg, Cyanidin: 1.75mg, Cyanidin: 1.75mg Petunidin: 4.76mg, Petunidin: 4.76mg, Petunidin: 4.76mg, Petunidin: 4.76mg Delphinidin: 5.4mg, Delphinidin: 5.4mg, Delphinidin: 5.4mg, Delphinidin: 5.4mg Malvidin: 10.14mg, Malvidin: 10.14mg, Malvidin: 10.14mg, Malvidin: 10.14mg Pelargonidin: 6.22mg, Pelargonidin:

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Nutrients (% of daily need)

Calories: 227.79kcal (11.39%), Fat: 0.46g (0.71%), Saturated Fat: 0.07g (0.41%), Carbohydrates: 46.42g (15.47%), Net Carbohydrates: 44.56g (16.2%), Sugar: 43.77g (48.63%), Cholesterol: 0mg (0%), Sodium: 1.49mg (0.06%), Alcohol: 7.23g (100%), Alcohol %: 5.87% (100%), Protein: 0.79g (1.58%), Vitamin C: 38.9mg (47.16%), Vitamin A: 687.35IU (13.75%), Manganese: 0.19mg (9.51%), Folate: 33.78µg (8.44%), Fiber: 1.86g (7.44%), Vitamin K: 6.07µg (5.78%), Vitamin E: 0.72mg (4.8%), Copper: 0.1mg (4.76%), Vitamin B6: 0.09mg (4.7%), Potassium: 155.73mg (4.45%), Vitamin B3: 0.58mg (2.9%), Magnesium: 10.4mg (2.6%), Vitamin B2: 0.04mg (2.47%), Vitamin B1: 0.03mg (2%), Vitamin B5: 0.17mg (1.73%), Phosphorus: 17.15mg (1.72%), Iron: 0.27mg (1.48%), Calcium: 12.09mg (1.21%)