



Watermelon Mojito Pops



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



90 min.

SERVINGS



10

CALORIES



143 kcal

DESSERT

Ingredients

- ☐ 0.3 cup juice of lime fresh
- ☐ 0.5 tsp peppermint extract to taste ()
- ☐ 1 cup rum white
- ☐ 0.8 cup sugar
- ☐ 2 lbs seeded/seedless watermelon seedless (slicing instructions below)

Equipment

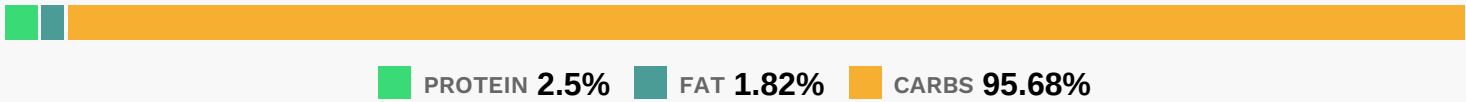
- ☐ frying pan
- ☐ baking sheet

- ☐ whisk
- ☐ mixing bowl
- ☐ aluminum foil
- ☐ popsicle sticks

Directions

- ☐ Save Recipe
- ☐ Print Recipe
- ☐ Watermelon Mojito Pops
- ☐ Ingredients3/4 cup sugar2 lbs. triangular seedless watermelon slices, rinds removed (slicing instructions below)1 cup white rum1/3 cup fresh lime juice1/2 tsp mint extract (or more to taste)Fresh mint and crushed ice for garnish (optional)You will also needsmall pan, whisk, mixing bowl, 9x13 inch dish, wooden popsicle sticks, baking sheet, nonstick foil or baking sheet rack
- ☐ Total Time: 1 Hour 30 Minutes
- ☐ Servings: About 10 pops
- ☐ Kosher Key: Pareve

Nutrition Facts



Properties

Glycemic Index:15.98, Glycemic Load:15.31, Inflammation Score:-5, Nutrition Score:2.1239130328531%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 143.03kcal (7.15%), Fat: 0.19g (0.29%), Saturated Fat: 0.02g (0.09%), Carbohydrates: 22.5g (7.5%), Net Carbohydrates: 22.1g (8.04%), Sugar: 20.76g (23.06%), Cholesterol: 0mg (0%), Sodium: 1.48mg (0.06%), Alcohol:

8.09g (100%), Alcohol %: 7.43% (100%), Protein: 0.59g (1.17%), Vitamin C: 9.77mg (11.84%), Vitamin A: 520.22IU (10.4%), Potassium: 112.13mg (3.2%), Magnesium: 9.74mg (2.44%), Copper: 0.05mg (2.33%), Vitamin B1: 0.03mg (2.23%), Vitamin B6: 0.04mg (2.21%), Vitamin B5: 0.21mg (2.1%), Manganese: 0.04mg (2.07%), Fiber: 0.4g (1.58%), Vitamin B2: 0.02mg (1.43%), Iron: 0.24mg (1.35%), Phosphorus: 12.08mg (1.21%)