

Mixed Berry Gimlet Poptail

BakersRoyale
www.EndlessSimmer.cot

16 ounces limeade
3/4 cup raspberries
3/4 cup blueberries
1/4 cup blackberries
6 ounces dry gin

In a food processor or blender, place the limeade, raspberries, blueberries, blackberries and gin. Process until puree'd, about 1 to 2 minutes. Pour the mixture through a medium strainer.

Pour the strained mixture into popsicle molds. Freeze for about two hours or until the mixture starts to solidify enough to hold a popsicle stick upright.

Insert popsicle sticks and finish freezing the popsicles overnight.

To release the popsicles, run hot water on the outside of the mold for 2 to 3 seconds.

Per Serving (excluding unknown items): 312 Calories; 1g Fat (2.8% calories from fat); 2g Protein; 81g Carbohydrate; 11g Dietary Fiber; 0mg Cholesterol; 16mg Sodium. Exchanges: 2 Fruit; 3 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	312	Vitamin B6 (mg):	.1mg
% Calories from Fat:	2.8%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	95.1%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	2.2%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	1g	Folacin (mcg):	48mcg
Saturated Fat (g):	1g	Niacin (mg):	1mg
Monounsaturated Fat (g):	trace	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	0
			0.0%

Cholesterol (mg):	0mg
Carbohydrate (g):	81g
Dietary Fiber (g):	11g
Protein (g):	2g
Sodium (mg):	16mg
Potassium (mg):	371mg
Calcium (mg):	53mg
Iron (mg):	1mg
Zinc (mg):	1mg
Vitamin C (mg):	58mg
Vitamin A (i.u.):	292IU
Vitamin A (r.e.):	29RE

% Daily Values*

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	0
Fruit:	2
Non-Fat Milk:	0
Fat:	0
Other Carbohydrates:	3

Nutrition Facts

Amount Per Serving

Calories 312	Calories from Fat: 9
---------------------	----------------------

% Daily Values*

Total Fat 1g	2%
Saturated Fat 1g	3%
Cholesterol 0mg	0%
Sodium 16mg	1%
Total Carbohydrates 81g	27%
Dietary Fiber 11g	45%
Protein 2g	
<hr/>	
Vitamin A	6%
Vitamin C	96%
Calcium	5%
Iron	6%

* Percent Daily Values are based on a 2000 calorie diet.