

Black Russian Poptail

BakersRoyale
www.EndlessSimmer.com

1 batch chocolate pudding
5 ounces vodka
3 ounces Kahlua
CHOCOLATE PUDDING
1/3 cup cornstarch
1/2 cup granulated sugar
pinch salt
3 cups cold whole milk
3/4 cup dark chocolate, chopped
1 tablespoon vanilla extract

To make the chocolate pudding: In a blender or food processor, combine the cornstarch, sugar, salt and milk. Pulse until well blended. (Alternately, combine all of the ingredients in a bowl and whisk vigorously.) Transfer the mixture to a heat-proof bowl. Place over (not touching) simmering water for approximately 15 to 20 minutes, stirring occasionally. (The pudding is ready when the mixture coats the back of a spoon.) Add the chocolate and stir to combine. Add the vanilla and stir to combine.

In a blender or food processor, combine the chocolate pudding, vodka and Kahlua. Process until smooth, about 1 to 2 minutes.

Pour the mixture into the popsicle molds. Freeze for about one hour or until the mixture starts to solidify enough to hold a popsicle stick upright. Insert the popsicle sticks and finish freezing the popsicles overnight.

To release the popsicles, run hot water on the outside of the popsicle molds for 3 to 5 seconds.

Per Serving (excluding unknown items): 1970 Calories; 42g Fat (23.9% calories from fat); 11g Protein; 290g Carbohydrate; 7g Dietary Fiber; 10mg Cholesterol; 176mg Sodium. Exchanges: 2 1/2 Grain(Starch); 8 1/2 Fat; 14 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	1970	Vitamin B6 (mg):	.1mg
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% Calories from Fat:	23.9%
% Calories from Carbohydrates:	73.4%
% Calories from Protein:	2.7%
Total Fat (g):	42g
Saturated Fat (g):	2g
Monounsaturated Fat (g):	1g
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	10mg
Carbohydrate (g):	290g
Dietary Fiber (g):	7g
Protein (g):	11g
Sodium (mg):	176mg
Potassium (mg):	711mg
Calcium (mg):	187mg
Iron (mg):	4mg
Zinc (mg):	3mg
Vitamin C (mg):	1mg
Vitamin A (i.u.):	279IU
Vitamin A (r.e.):	87 1/2RE

Vitamin B12 (mcg):	.3mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	.5mg
Folacin (mcg):	11mcg
Niacin (mg):	1mg
Caffeine (mg):	98mg
Alcohol (kcal):	658
% Refuse:	0.0%

Food Exchanges

Grain (Starch):	2 1/2
Lean Meat:	0
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	8 1/2
Other Carbohydrates:	14

Nutrition Facts

Amount Per Serving

Calories 1970 Calories from Fat: 471

% Daily Values*

Total Fat 42g	65%
Saturated Fat 2g	9%
Cholesterol 10mg	3%
Sodium 176mg	7%
Total Carbohydrates 290g	97%
Dietary Fiber 7g	30%
Protein 11g	
Vitamin A	6%
Vitamin C	2%
Calcium	19%
Iron	20%

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