

# Cantaloupe and Kiwi Daiquiri Popsicles

BakersRoyale  
www.EndlessSimmer.cot

## Yield: 8 2-1/4 ounce popsicles

1 1/2 cups (6 ounces) puree'd cantaloupe (approx. 1/2 a normal-size cantaloupe)  
1/2 cup (4-1/2 ounce) puree'd kiwi (approx. two normal-size kiwi)  
3/4 cup limeade  
1/2 cup light rum  
4 tablespoons simple syrup  
SIMPLE SYRUP  
1/4 cup water  
1/4 cup sugar

To make the simple syrup: Place the water and sugar in a saucepan over medium heat. Heat and stir until the sugar dissolves.

Place the cantaloupe and kiwi in a food processor or blender. Process until puree'd, about 1 to 2 minutes. Add the limeade, rum and simple syrup. Process until fully combined.

Pour the mixture into popsicle forms. Freeze for about two hours 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 molds for 2 to 3 seconds.

*To make this non-alcoholic, simply replace the rum portion with limeade.*

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Per Serving (excluding unknown items): 591 Calories; 0g Fat (0.0% calories from fat); 0g Protein; 87g Carbohydrate; 0g Dietary Fiber; 0mg Cholesterol; 8mg Sodium. Exchanges: 6 Other Carbohydrates.

Desserts

## Per Serving Nutritional Analysis

|                                |        |                     |       |
|--------------------------------|--------|---------------------|-------|
| Calories (kcal):               | 591    | Vitamin B6 (mg):    | 0mg   |
| % Calories from Fat:           | 0.0%   | Vitamin B12 (mcg):  | 0mcg  |
| % Calories from Carbohydrates: | 100.0% | Thiamin B1 (mg):    | 0mg   |
| % Calories from Protein:       | 0.0%   | Riboflavin B2 (mg): | trace |
| Total Fat (g):                 | 0g     | Folacin (mcg):      | 2mcg  |
| Saturated Fat (g):             | 0g     | Niacin (mg):        | trace |
| Monounsaturated Fat (g):       | 0g     | Caffeine (mg):      | 0mg   |
|                                |        |                     | 257   |

**Polyunsaturated Fat (g):** trace  
**Cholesterol (mg):** 0mg  
**Carbohydrate (g):** 87g  
**Dietary Fiber (g):** 0g  
**Protein (g):** 0g  
**Sodium (mg):** 8mg  
**Potassium (mg):** 28mg  
**Calcium (mg):** 8mg  
**Iron (mg):** trace  
**Zinc (mg):** trace  
**Vitamin C (mg):** 5mg  
**Vitamin A (i.u.):** 0IU  
**Vitamin A (r.e.):** 0RE

**Alcohol (kcal):**  
 % Refuse: n n%

### Food Exchanges

**Grain (Starch):** 0  
**Lean Meat:** 0  
**Vegetable:** 0  
**Fruit:** 0  
**Non-Fat Milk:** 0  
**Fat:** 0  
**Other Carbohydrates:** 6

## Nutrition Facts

### Amount Per Serving

**Calories** 591 Calories from Fat: 0

### % Daily Values\*

|                                |     |
|--------------------------------|-----|
| <b>Total Fat</b> 0g            | 0%  |
| Saturated Fat 0g               | 0%  |
| <b>Cholesterol</b> 0mg         | 0%  |
| <b>Sodium</b> 8mg              | 0%  |
| <b>Total Carbohydrates</b> 87g | 29% |
| Dietary Fiber 0g               | 0%  |
| <b>Protein</b> 0g              |     |
| <hr/>                          |     |
| <b>Vitamin A</b>               | 0%  |
| <b>Vitamin C</b>               | 8%  |
| <b>Calcium</b>                 | 1%  |
| <b>Iron</b>                    | 1%  |

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