

Gin Zing Ice Pops (Alcoholic)

*Jill Wendbolt Silva - The Kansas City Star
Palm Beach Post*

Servings: 6

*2 1/2 cups chopped cucumber
1 cup elderflower cordial
1/2 cup gin
6 popsicle molds or disposable plastic
cups (3 oz ea.)
6 popsicle sticks*

Copyright: Laura Fyfe, London,
England - "Poptails"

Place the cucumber and elderflower cordial in a food processor or blender and blitz until smooth.

Pass the mixture through a fine mesh strainer into a bowl and stir half of the pulp in the sieve back into the cucumber and elderflower juice. Mix in the gin until well combined.

Pour into the ice pop molds or disposable cups.

Place the molds in the freezer. Let set for three hours. Give each popsicle a good stir.

Top with popsicle holders or insert popsicle sticks into the cups. Allow to freeze until completely solid (about four more hours or leave overnight).

Try dipping the molds in hot water to help get just enough melt to loosen the ice pop.

Per Serving (excluding unknown items): 55 Calories; trace Fat (10.5% calories from fat); trace Protein; 1g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 1mg Sodium. Exchanges: 1/2 Vegetable.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	55	Vitamin B6 (mg):	trace
% Calories from Fat:	10.5%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	73.0%	Thiamin B1 (mg):	trace
% Calories from Protein:	16.6%	Riboflavin B2 (mg):	trace
Total Fat (g):	trace	Folacin (mcg):	8mcg
Saturated Fat (g):	trace	Niacin (mg):	trace
Monounsaturated Fat (g):	0g	Caffeine (mg):	0mg

Polyunsaturated Fat (g):	trace
Cholesterol (mg):	0mg
Carbohydrate (g):	1g
Dietary Fiber (g):	trace
Protein (g):	trace
Sodium (mg):	1mg
Potassium (mg):	82mg
Calcium (mg):	8mg
Iron (mg):	trace
Zinc (mg):	trace
Vitamin C (mg):	2mg
Vitamin A (i.u.):	41IU
Vitamin A (r.e.):	4RE

Alcohol (kcal):	49
% Refuse:	n n%

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 55	Calories from Fat: 6
--------------------	----------------------

% Daily Values*

Total Fat trace	0%
Saturated Fat trace	0%
Cholesterol 0mg	0%
Sodium 1mg	0%
Total Carbohydrates 1g	0%
Dietary Fiber trace	2%
Protein trace	
<hr/>	
Vitamin A	1%
Vitamin C	3%
Calcium	1%
Iron	1%

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