

Margarita Popsicles

Noelle Carter - Los Angeles Times
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Yield: 9 three-ounce popsicles

juice of four limes

juice of four lemons

juice of two oranges

3/4 cup sugar

4 ounces tequila (preferably reposado)

1 ounce orange liqueur (preferably

Grand Marnier)

1 cup club soda

In a large non-reactive saucepan, combine the lime, lemon and orange juices (You should have about two cups of liquid). Add the sugar. Gently warm the liquid over low heat, stirring frequently. As soon as the sugar is dissolved, remove from the heat.

Stir in the tequila, orange liqueur and club soda. Pour some of the mixture into each mold, leaving about 1/2-inch of space at the top. Place the lid on the molds and fit each with a wooden stick.

Freeze until solid, three to four hours.

Remove the popsicles. Run the molds briefly under warm water to loosen. Pull the popsicles from the molds. Wrap the popsicles in plastic wrap. Freeze if not serving immediately.

The frozen popsicles will keep one to two weeks.

Per Serving (excluding unknown items): 581 Calories; 0g Fat (0.0% calories from fat); 0g Protein; 150g Carbohydrate; 0g Dietary Fiber; 0mg Cholesterol; 51mg Sodium. Exchanges: 10 Other Carbohydrates.

Beverages

Per Serving Nutritional Analysis

| | | | |
|--------------------------------|--------|--------------------|------|
| Calories (kcal): | 581 | 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%
 Total Fat (g): 0g
 Saturated Fat (g): 0g
 Monounsaturated Fat (g): 0g
 Polyunsaturated Fat (g): 0g
 Cholesterol (mg): 0mg
 Carbohydrate (g): 150g
 Dietary Fiber (g): 0g
 Protein (g): 0g
 Sodium (mg): 51mg
 Potassium (mg): 8mg
 Calcium (mg): 13mg
 Iron (mg): trace
 Zinc (mg): trace
 Vitamin C (mg): 0mg
 Vitamin A (i.u.): 0IU
 Vitamin A (r.e.): 0RE

Riboflavin B2 (mg): trace
 Folic Acid (mcg): 0mcg
 Niacin (mg): 0mg
 Caffeine (mg): 0mg
 Alcohol (kcal): 0
 % Refused: n.n%

Food Exchanges

Grain (Starch): 0
 Lean Meat: 0
 Vegetable: 0
 Fruit: 0
 Non-Fat Milk: 0
 Fat: 0
 Other Carbohydrates: 10

Nutrition Facts

Amount Per Serving

Calories 581 Calories from Fat: 0

% Daily Values*

| | | | |
|----------------------------|------|--|-----|
| Total Fat | 0g | | 0% |
| Saturated Fat | 0g | | 0% |
| Cholesterol | 0mg | | 0% |
| Sodium | 51mg | | 2% |
| Total Carbohydrates | 150g | | 50% |
| Dietary Fiber | 0g | | 0% |
| Protein | 0g | | |
| <hr/> | | | |
| Vitamin A | | | 0% |
| Vitamin C | | | 0% |
| Calcium | | | 1% |
| Iron | | | 0% |

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