

Moscato Melon and Kiwi Iced Pop (Alcoholic)

Diana Dickinson

Better Homes and Gardens Magazine - August 2013

Servings: 10

3 cups cubed honeydew melon

1/2 cup moscato wine

4 fresh kiwi, peeled

10 popsicle sticks

Preparation Time: 15 minutes

Place ten five-ounce paper cups in a shallow baking pan.

In a blender, combine the honeydew melon, Moscato and two of the kiwi. Blend until smooth. Add the remaining kiwi. Process with on/off turns until almost smooth.

Pour the mixture into the prepared cups. Cover each cup with a square of foil. Using a knife, make a small hole in the center of each foil square. Slide a popsicle stick through each hole and into the mixture.

Freeze overnight.

To serve, peel the paper cup off of the iced pop. Serve at once or place in a larger glass set in ice.

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

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	0	Vitamin B6 (mg):	0mg
% Calories from Fat:	0.0%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	0.0%	Thiamin B1 (mg):	0mg
% Calories from Protein:	0.0%	Riboflavin B2 (mg):	0mg

Total Fat (g): 0g
Saturated Fat (g): 0g
Monounsaturated Fat (g): 0g
Polyunsaturated Fat (g): 0g
Cholesterol (mg): 0mg
Carbohydrate (g): 0g
Dietary Fiber (g): 0g
Protein (g): 0g
Sodium (mg): 0mg
Potassium (mg): 0mg
Calcium (mg): 0mg
Iron (mg): 0mg
Zinc (mg): 0mg
Vitamin C (mg): 0mg
Vitamin A (i.u.): 0IU
Vitamin A (r.e.): 0RE

Folacin (mcg): 0mcg
Niacin (mg): 0mg
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refuse: 00%

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 10

Amount Per Serving

Calories 0 **Calories from Fat:** 0

% Daily Values*

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

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