

Negroni Orange Popsicles

Noelle Carter - Los Angeles Times
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Yield: 9 popsicles

1 cup Campari
1 cup sweet vermouth
1 cup gin
2/3 cup sugar
9 slices orange, about 3/4-inch thick,
rind removed

In a large non-reactive saucepan, combine the Campari, vermouth and gin. Add the sugar and gently warm the liquid over low heat, stirring frequently. When the sugar is dissolved, remove from the heat.

Divide the orange slices between two large (gallon-size) resealable bags or place in a large glass bowl. Pour the Negroni mixture over the oranges. Seal the bags (removing any excess air) or cover the bowl. Refrigerate the orange slices for at least four hours or overnight.

Drain the oranges (save the infused Negroni mixture for cocktails). Fit each slice with a popsicle stick. Freeze the orange slices on a parchment-lined baking sheet until firm, three to four hours.

Wrap the frozen popsicles in plastic wrap if not serving immediately.

The frozen popsicles will keep one to two weeks.

Per Serving (excluding unknown items): 2044 Calories; 1g Fat (1.0% calories from fat); 11g Protein; 299g Carbohydrate; 28g Dietary Fiber; 0mg Cholesterol; 27mg Sodium. Exchanges: 8 Fruit; 9 Other Carbohydrates.

Beverages

Per Serving Nutritional Analysis

Calories (kcal):	2044	Vitamin B6 (mg):	.6mg
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% Calories from Fat:	1.0%
% Calories from Carbohydrates:	95.5%
% Calories from Protein:	3.5%
Total Fat (g):	1g
Saturated Fat (g):	trace
Monounsaturated Fat (g):	trace
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	0mg
Carbohydrate (g):	299g
Dietary Fiber (g):	28g
Protein (g):	11g
Sodium (mg):	27mg
Potassium (mg):	2354mg
Calcium (mg):	487mg
Iron (mg):	2mg
Zinc (mg):	1mg
Vitamin C (mg):	627mg
Vitamin A (i.u.):	2417IU
Vitamin A (r.e.):	247 1/2RE

Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	1.0mg
Riboflavin B2 (mg):	.5mg
Folacin (mcg):	358mcg
Niacin (mg):	4mg
Caffeine (mg):	0mg
Alcohol (kcal):	979
% Refuse:	0.0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	0
Fruit:	8
Non-Fat Milk:	0
Fat:	0
Other Carbohydrates:	9

Nutrition Facts

Amount Per Serving

Calories	2044	Calories from Fat: 20
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% Daily Values*

Total Fat 1g	2%
Saturated Fat trace	0%
Cholesterol 0mg	0%
Sodium 27mg	1%
Total Carbohydrates 299g	100%
Dietary Fiber 28g	113%
Protein 11g	
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Vitamin A	48%
Vitamin C	1045%
Calcium	49%
Iron	12%

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