

Pomegranate Vanilla and Vodka Ice Pops (Alcoholic)

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

Servings: 4

*1/2 vanilla bean
1/4 cup superfine sugar
1 1/2 cups pomegranate juice
14 tablespoons vodka
4 popsicle molds or disposable plastic
cups (3 oz ea.)
4 popsicle sticks*

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England - "Poptails"

Scrape the seeds from the vanilla bean and place the pod and seeds in a saucepan with the sugar and one-half cup of water. Slowly bring to a boil, allowing the sugar to dissolve. Let simmer gently for 5 minutes, then remove from the heat. Allow to infuse for 30 minutes.

Remove the vanilla pod from the syrup and mix in the pomegranate juice and vodka. Pour into the ice pop molds or disposable cups.

Place the molds in the freezer. Let set for two hours.

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

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

Per Serving (excluding unknown items): 164 Calories; trace Fat (1.5% calories from fat); trace Protein; 13g Carbohydrate; 0g Dietary Fiber; 0mg Cholesterol; 11mg Sodium. Exchanges: 1 Fruit.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	164	Vitamin B6 (mg):	.1mg
% Calories from Fat:	1.5%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	95.2%	Thiamin B1 (mg):	trace
% Calories from Protein:	3.3%	Riboflavin B2 (mg):	trace
Total Fat (g):	trace	Folacin (mcg):	0mcg

Saturated Fat (g): 0g
Monounsaturated Fat (g): 0g
Polyunsaturated Fat (g): 0g
Cholesterol (mg): 0mg
Carbohydrate (g): 13g
Dietary Fiber (g): 0g
Protein (g): trace
Sodium (mg): 11mg
Potassium (mg): 193mg
Calcium (mg): 13mg
Iron (mg): 1mg
Zinc (mg): trace
Vitamin C (mg): 0mg
Vitamin A (i.u.): 0IU
Vitamin A (r.e.): 0RE

Niacin (mg): 1mg
Caffeine (mg): 0mg
Alcohol (kcal): 112
% Refused: 00%

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 164 **Calories from Fat:** 2

% Daily Values*

Total Fat	trace	0%
	Saturated Fat 0g	0%
Cholesterol	0mg	0%
Sodium	11mg	0%
Total Carbohydrates	13g	4%
	Dietary Fiber 0g	0%
Protein	trace	
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Vitamin A		0%
Vitamin C		0%
Calcium		1%
Iron		4%

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