

Skinny Pina Colada Popsicles

Gina Homolka - www.SkinnyTaste.com
www.dash.recipes.com

Servings: 6

1 1/3 cups canned, diced pineapple
in juice, reserve the juice
1/4 cup pineapple juice
1/4 cup sugar
1/2 cup light coconut milk
1 teaspoon coconut extract
1 tablespoon dark rum (optional)

Preparation Time: 10 minutes

Cut the pineapple into chunks.

In a blender or food processor, puree the pineapple, pineapple juice, sugar, coconut milk, coconut extract and the rum until smooth.

Pour the mixture into popsicle molds. Insert popsicle sticks in the molds.

Freeze overnight.

Start to Finish Time: 4 hours

Per Serving (excluding unknown items): 49 Calories; 1g Fat (17.4% calories from fat); trace Protein; 11g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 5mg Sodium. Exchanges: 0 Fruit; 0 Fat; 1/2 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

| | | | |
|--------------------------------|-------|---------------------|-------|
| Calories (kcal): | 49 | Vitamin B6 (mg): | trace |
| % Calories from Fat: | 17.4% | Vitamin B12 (mcg): | 0mcg |
| % Calories from Carbohydrates: | 80.5% | Thiamin B1 (mg): | trace |
| % Calories from Protein: | 2.2% | Riboflavin B2 (mg): | trace |
| Total Fat (g): | 1g | Folacin (mcg): | 2mcg |
| Saturated Fat (g): | 1g | Niacin (mg): | trace |
| Monounsaturated Fat (g): | trace | Caffeine (mg): | 0mg |
| Polyunsaturated Fat (g): | trace | Alcohol (kcal): | 0 |
| Cholesterol (mg): | 0mg | % Refuse: | n n% |
| Carbohydrate (g): | 11g | | |
| Dietary Fiber (g): | trace | | |

Food Exchanges

Grain (Starch): 0

Protein (g): trace
Sodium (mg): 5mg
Potassium (mg): 14mg
Calcium (mg): 2mg
Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): 1mg
Vitamin A (i.u.): 1IU
Vitamin A (r.e.): 0RE

Lean Meat: 0
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 0
Other Carbohydrates: 1/2

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 49 Calories from Fat: 9

% Daily Values*

| | | | |
|----------------------------|---------------|-------|----|
| Total Fat | 1g | | 2% |
| | Saturated Fat | 1g | 3% |
| Cholesterol | 0mg | | 0% |
| Sodium | 5mg | | 0% |
| Total Carbohydrates | 11g | | 4% |
| | Dietary Fiber | trace | 0% |
| Protein | trace | | |

| | | |
|------------------|--|----|
| Vitamin A | | 0% |
| Vitamin C | | 2% |
| Calcium | | 0% |
| Iron | | 0% |

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