

White Russian Poptail

BakersRoyale
www.EndlessSimmer.com

1 batch vanilla pudding
5 ounces vodka
2 ounces Kahlua
2 ounces Bailey's Irish Cream
VANILLA PUDDING
1/3 cup cornstarch
1/2 cup granulated sugar
pinch salt
3 cups cold whole milk
1 tbs + 1-1/2 tspn vanilla extract

To make the vanilla pudding: In a blender or food processor, combine the cornstarch, sugar, salt and milk. Pulse until well blended. (Alternately, combine all of the ingredients in a bowl and whisk vigorously.) Transfer the mixture to a heat-proof bowl. Place over (not touching) simmering water for approximately 15 to 20 minutes, stirring occasionally. (The pudding is ready when the mixture coats the back of a spoon.) Add the vanilla and stir to combine.

In a blender or food processor, combine the vanilla pudding, vodka, Kahlua and Bailey's Irish Cream. Process until smooth, about 1 to 2 minutes.

Pour the mixture into the popsicle molds. Freeze for about one hour or until the mixture starts to solidify enough to hold a popsicle stick upright. Insert the popsicle sticks and finish freezing the popsicles overnight.

To release the popsicles, run hot water on the outside of the popsicle molds for 3 to 5 seconds.

Per Serving (excluding unknown items): 1401 Calories; 11g Fat (10.3% calories from fat); 6g Protein; 206g Carbohydrate; trace Dietary Fiber; 9mg Cholesterol; 466mg Sodium. Exchanges: 2 1/2 Grain(Starch); 1/2 Fat; 8 1/2 Other Carbohydrates.

Desserts

Calories (kcal): 1401
% Calories from Fat: 10.3%
% Calories from Carbohydrates: 87.4%
% Calories from Protein: 2.4%
Total Fat (g): 11g
Saturated Fat (g): 7g
Monounsaturated Fat (g): 1g
Polyunsaturated Fat (g): trace
Cholesterol (mg): 9mg
Carbohydrate (g): 206g
Dietary Fiber (g): trace
Protein (g): 6g
Sodium (mg): 466mg
Potassium (mg): 209mg
Calcium (mg): 148mg
Iron (mg): 1mg
Zinc (mg): 1mg
Vitamin C (mg): 1mg
Vitamin A (i.u.): 241IU
Vitamin A (r.e.): 64RE

Vitamin B6 (mg): .1mg
Vitamin B12 (mcg): .4mcg
Thiamin B1 (mg): trace
Riboflavin B2 (mg): .2mg
Folacin (mcg): 6mcg
Niacin (mg): trace
Caffeine (mg): 0mg
Alcohol (kcal): 705
% Refuse: 0.0%

Food Exchanges

Grain (Starch): 2 1/2
Lean Meat: 0
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 1/2
Other Carbohydrates: 8 1/2

Nutrition Facts

Amount Per Serving

Calories 1401 **Calories from Fat:** 144

% Daily Values*

Total Fat 11g 17%
 Saturated Fat 7g 33%
Cholesterol 9mg 3%
Sodium 466mg 19%
Total Carbohydrates 206g 69%
 Dietary Fiber trace 2%
Protein 6g

Vitamin A 5%
Vitamin C 2%
Calcium 15%
Iron 3%

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