



Apricot Breakfast Popsicles

 Vegetarian  Gluten Free

READY IN



480 min.

SERVINGS



4

CALORIES



100 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 8 apricots pitted halved
- ☐ 4 cardamom pods crushed plus more ground to taste
- ☐ 2 tablespoons honey
- ☐ 0.8 cup yogurt plain

Equipment

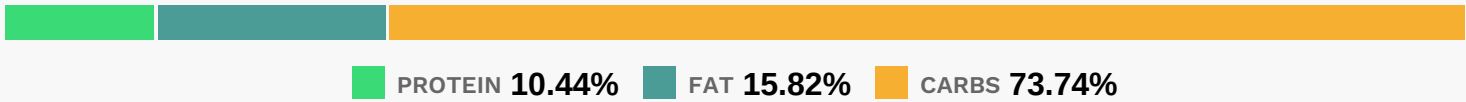
- ☐ oven
- ☐ mixing bowl
- ☐ baking pan

☐ popsicle molds

Directions

- ☐ Place rack in center of oven and preheat oven to 400°F.
- ☐ Place apricots cut side up in a 9- by 9-inch baking dish and drizzle with 2 tablespoons of honey. Scatter cardamom pods on top of apricots and roast for 15–20 minutes, until juices bubble up around edges of pan. Flip each piece of apricot and continue to roast for another 5–10 minutes, until completely soft and cooked through. Allow to cool fully, then remove cardamom pods.
- ☐ In a medium mixing bowl, stir together yogurt and contents of baking dish.
- ☐ Add more cardamom and honey to taste. Pack into popsicle molds, insert sticks and freeze overnight.

Nutrition Facts



Properties

Glycemic Index:29.48, Glycemic Load:7.61, Inflammation Score:-7, Nutrition Score:6.2826087137927%

Flavonoids

Catechin: 2.57mg, Catechin: 2.57mg, Catechin: 2.57mg, Catechin: 2.57mg Epicatechin: 3.32mg, Epicatechin: 3.32mg, Epicatechin: 3.32mg, Epicatechin: 3.32mg Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg

Nutrients (% of daily need)

Calories: 99.76kcal (4.99%), Fat: 1.9g (2.92%), Saturated Fat: 1g (6.22%), Carbohydrates: 19.93g (6.64%), Net Carbohydrates: 17.95g (6.53%), Sugar: 17.23g (19.14%), Cholesterol: 5.97mg (1.99%), Sodium: 22.61mg (0.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.82g (5.64%), Manganese: 0.62mg (31.21%), Vitamin A: 1393.68IU (27.87%), Vitamin C: 7.7mg (9.34%), Potassium: 280.34mg (8.01%), Fiber: 1.98g (7.92%), Calcium: 72.97mg (7.3%), Phosphorus: 63.72mg (6.37%), Vitamin B2: 0.1mg (5.93%), Vitamin E: 0.65mg (4.34%), Magnesium: 17.3mg (4.33%), Zinc: 0.58mg (3.89%), Vitamin B5: 0.35mg (3.54%), Copper: 0.07mg (3.51%), Iron: 0.62mg (3.44%), Vitamin B6: 0.06mg (2.98%), Vitamin B12: 0.17µg (2.83%), Vitamin B1: 0.04mg (2.55%), Vitamin B3: 0.49mg (2.45%), Folate: 9.73µg (2.43%), Vitamin K: 2.4µg (2.29%), Selenium: 1.16µg (1.66%)