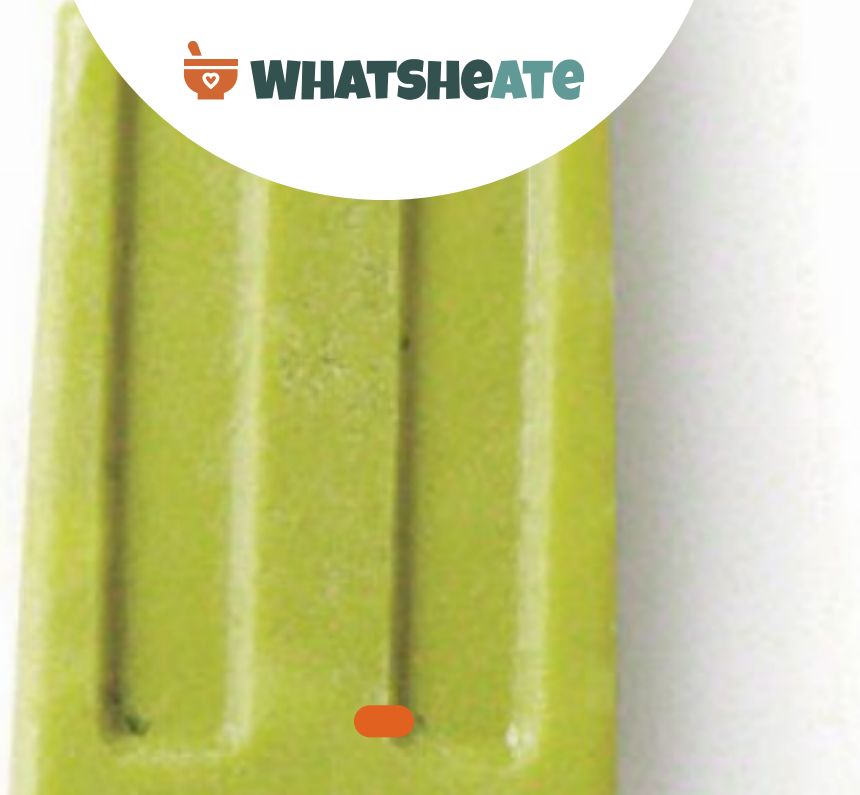




## Avocado Ice Pops



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



270 min.

SERVINGS



6

CALORIES



128 kcal

DESSERT

### Ingredients

- ☐ 2 cups avocado peeled chopped
- ☐ 0.1 teaspoon kosher salt
- ☐ 2 tablespoons juice of lime
- ☐ 0.5 teaspoon lime rind grated
- ☐ 6 tablespoons sugar
- ☐ 0.8 cup water

### Equipment

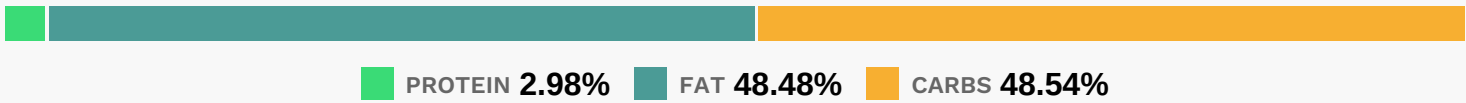
- ☐ food processor

☐ sauce pan

Directions

- ☐ Combine water and sugar in a saucepan over medium heat. Cook 4 minutes, stirring to dissolve sugar.
- ☐ Remove from heat; cool to room temperature.
- ☐ Place sugar mixture, avocado, lime rind, lime juice, and kosher salt in a food processor; process until smooth. Divide mixture evenly among 6 (4-ounce) ice-pop molds. Top with lid. Freeze 4 hours or until thoroughly frozen.

Nutrition Facts



Properties

Glycemic Index:23.68, Glycemic Load:8.75, Inflammation Score:-2, Nutrition Score:4.4226086981919%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.52mg, Hesperetin: 0.52mg, Hesperetin: 0.52mg, Hesperetin: 0.52mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 127.5kcal (6.38%), Fat: 7.39g (11.37%), Saturated Fat: 1.07g (6.66%), Carbohydrates: 16.66g (5.55%), Net Carbohydrates: 13.28g (4.83%), Sugar: 12.39g (13.77%), Cholesterol: 0mg (0%), Sodium: 53.65mg (2.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.02g (2.04%), Fiber: 3.37g (13.5%), Folate: 41.01µg (10.25%), Vitamin K: 10.53µg (10.03%), Vitamin C: 6.55mg (7.94%), Potassium: 248.77mg (7.11%), Vitamin B5: 0.7mg (7.01%), Vitamin E: 1.05mg (6.98%), Vitamin B6: 0.13mg (6.52%), Copper: 0.1mg (5.1%), Vitamin B3: 0.88mg (4.39%), Vitamin B2: 0.07mg (4%), Magnesium: 15.21mg (3.8%), Manganese: 0.07mg (3.63%), Phosphorus: 26.73mg (2.67%), Vitamin B1: 0.03mg (2.32%), Zinc: 0.33mg (2.19%), Iron: 0.29mg (1.59%), Vitamin A: 75.58IU (1.51%)