

Avocado Lime Popsicles®



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



365 min.

SERVINGS



8

CALORIES



124 kcal

SIDE DISH

Ingredients

- 0.5 cup agave nectar
- 2 avocados diced
- 3 tablespoons juice of lime fresh
- 1 pinch salt
- 1 cup warm water

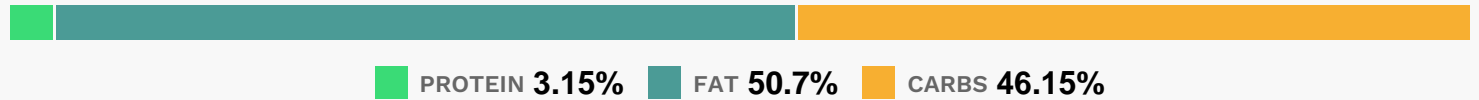
Equipment

- blender

Directions

- Dissolve agave nectar in warm water; pour into blender pitcher.
- Add avocados, lime juice, and salt to blender; blend until smooth.
- Pour avocado mixture into ice pop molds to about 1/3 inch from the top.
- Freeze until completely solid, about 6 hours.

Nutrition Facts



Properties

Glycemic Index:6.88, Glycemic Load:1.94, Inflammation Score:-2, Nutrition Score:5.0017391702403%

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: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.5mg, Hesperetin: 0.5mg, Hesperetin: 0.5mg, Hesperetin: 0.5mg 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: 124.43kcal (6.22%), Fat: 7.45g (11.47%), Saturated Fat: 1.07g (6.69%), Carbohydrates: 15.26g (5.09%), Net Carbohydrates: 11.85g (4.31%), Sugar: 9.78g (10.86%), Cholesterol: 0mg (0%), Sodium: 10.5mg (0.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.04g (2.08%), Fiber: 3.42g (13.67%), Vitamin K: 13.68µg (13.03%), Folate: 45.39µg (11.35%), Vitamin C: 9.05mg (10.97%), Vitamin B6: 0.16mg (8.17%), Vitamin E: 1.19mg (7.92%), Potassium: 250.84mg (7.17%), Vitamin B5: 0.7mg (7.05%), Vitamin B2: 0.09mg (5.23%), Copper: 0.1mg (5.15%), Vitamin B3: 0.98mg (4.89%), Magnesium: 15.46mg (3.86%), Manganese: 0.07mg (3.65%), Vitamin B1: 0.05mg (3.46%), Phosphorus: 27.06mg (2.71%), Zinc: 0.33mg (2.2%), Iron: 0.29mg (1.63%), Vitamin A: 76.18IU (1.52%)