

Avocado Paletas

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



865 min.

SERVINGS



10

CALORIES



136 kcal

SIDE DISH

Ingredients

- 3 avocados pitted peeled
- 1 juice of lime juiced
- 0.3 teaspoon salt
- 1 cup water
- 0.5 cup sugar white

Equipment

- sauce pan
- blender

Directions

- Bring water and sugar to a boil together in a saucepan; stir continually until sugar dissolves. Set aside to cool.
- Pour sugar-water mixture into a blender with avocados, lime juice, and salt; blend until smooth.
- Pour the mixture into 10 ice pop molds.
- Freeze until solid yet still soft, about 2 hours; insert wooden sticks and continue freezing until firm, 12 to 24 hours.

Nutrition Facts

PROTEIN 3.33% **FAT 54.71%** **CARBS 41.96%**

Properties

Glycemic Index:11.01, Glycemic Load:7.42, Inflammation Score:-3, Nutrition Score:5.2334781807402%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 135.73kcal (6.79%), Fat: 8.9g (13.69%), Saturated Fat: 1.28g (8.03%), Carbohydrates: 15.36g (5.12%), Net Carbohydrates: 11.3g (4.11%), Sugar: 10.43g (11.59%), Cholesterol: 0mg (0%), Sodium: 63.7mg (2.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.22g (2.44%), Fiber: 4.05g (16.21%), Folate: 49.14µg (12.29%), Vitamin K: 12.68µg (12.08%), Potassium: 296.18mg (8.46%), Vitamin B5: 0.84mg (8.41%), Vitamin C: 6.93mg (8.4%), Vitamin E: 1.25mg (8.37%), Vitamin B6: 0.16mg (7.81%), Copper: 0.12mg (6%), Vitamin B3: 1.05mg (5.27%), Vitamin B2: 0.08mg (4.75%), Magnesium: 17.97mg (4.49%), Manganese: 0.09mg (4.34%), Phosphorus: 31.78mg (3.18%), Vitamin B1: 0.04mg (2.74%), Zinc: 0.39mg (2.61%), Iron: 0.34mg (1.89%), Vitamin A: 89.54IU (1.79%)