



Balsamic-Strawberry Pops



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



54 kcal

DESSERT

Ingredients

- ☐ 2.5 tablespoons balsamic vinegar
- ☐ 6 servings pepper black freshly ground
- ☐ 2 cups strawberries hulled sliced (from 1 pound berries)
- ☐ 0.3 cup sugar

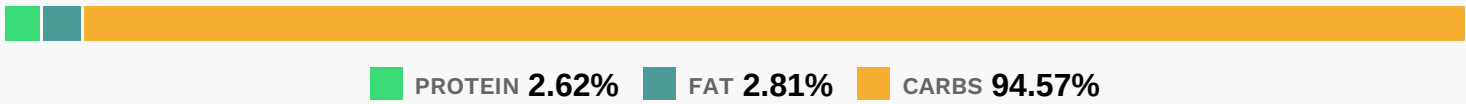
Equipment

- ☐ food processor
- ☐ bowl

Directions

- ☐ Place the strawberries and sugar in a food processor and pulse just until the mixture is finely chopped and juicy but still chunky; you don't want a smooth purée.
- ☐ Transfer to a bowl and stir in the balsamic vinegar and a few grinds of pepper.
- ☐ Spoon the mixture into ice pop molds and insert sticks. Freeze until firm, at least 6 hours or up to 1 week.
- ☐ To unmold the pops, run hot water over the outsides of the molds for a few seconds, then gently pull the sticks.
- ☐ From Perfect Pops: The 50 Best Classic & Cool Treats by Charity Ferreira. Text copyright © 2011 by Charity Ferreira; photography copyright © 2011 by Leigh Beisch. Published by Chronicle Books, LLC.

Nutrition Facts



Properties

Glycemic Index:32.02, Glycemic Load:7.49, Inflammation Score:-2, Nutrition Score:2.9495651968147%

Flavonoids

Cyanidin: 0.81mg, Cyanidin: 0.81mg, Cyanidin: 0.81mg, Cyanidin: 0.81mg Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg Pelargonidin: 11.93mg, Pelargonidin: 11.93mg, Pelargonidin: 11.93mg, Pelargonidin: 11.93mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.49mg, Catechin: 1.49mg, Catechin: 1.49mg, Catechin: 1.49mg Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 53.56kcal (2.68%), Fat: 0.17g (0.27%), Saturated Fat: 0.01g (0.05%), Carbohydrates: 13.19g (4.4%), Net Carbohydrates: 12.2g (4.44%), Sugar: 11.66g (12.96%), Cholesterol: 0mg (0%), Sodium: 2.12mg (0.09%), Alcohol: 0g

(100%), Alcohol %: 0% (100%), Protein: 0.36g (0.73%), Vitamin C: 28.22mg (34.21%), Manganese: 0.21mg (10.35%), Fiber: 0.99g (3.94%), Folate: 11.54µg (2.88%), Potassium: 82.4mg (2.35%), Magnesium: 7.21mg (1.8%), Iron: 0.26mg (1.44%), Copper: 0.03mg (1.33%), Phosphorus: 12.94mg (1.29%), Vitamin K: 1.22µg (1.16%), Vitamin B6: 0.02mg (1.14%)