



## Banana-Berry Yogurt Pops

 Gluten Free

READY IN



190 min.

SERVINGS



10

CALORIES



34 kcal

### Ingredients

- 0.5 small banana cut into chunks
- 0.3 cup blueberries
- 0.3 cup milk
- 5.3 oz honey nonfat yogurt greek-style
- 0.5 cup strawberry halves fresh
- 0.8 cup cool whip lite whipped topping thawed

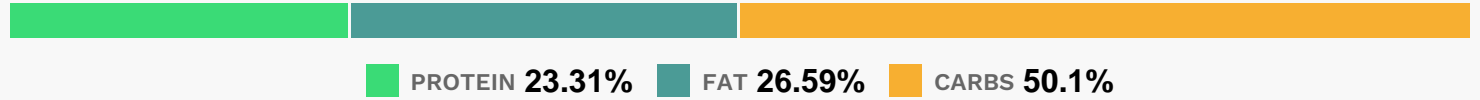
### Equipment

- blender
- aluminum foil

## Directions

- Blend ingredients in blender on high speed until smooth.
- Pour into 6 (3-oz.) paper cups; cover with foil. Insert wooden pop stick into center of each cup.
- Freeze several hours or until firm. Peel off paper cups just before serving.

## Nutrition Facts



## Properties

Glycemic Index:17.28, Glycemic Load:1.01, Inflammation Score:-1, Nutrition Score:1.6743478217851%

## Flavonoids

Cyanidin: 0.43mg, Cyanidin: 0.43mg, Cyanidin: 0.43mg, Cyanidin: 0.43mg Petunidin: 1.17mg, Petunidin: 1.17mg, Petunidin: 1.17mg, Petunidin: 1.17mg Delphinidin: 1.33mg, Delphinidin: 1.33mg, Delphinidin: 1.33mg, Delphinidin: 1.33mg Malvidin: 2.5mg, Malvidin: 2.5mg, Malvidin: 2.5mg, Malvidin: 2.5mg Pelargonidin: 1.79mg, Pelargonidin: 1.79mg, Pelargonidin: 1.79mg, Pelargonidin: 1.79mg Peonidin: 0.75mg, Peonidin: 0.75mg, Peonidin: 0.75mg, Peonidin: 0.75mg Catechin: 0.73mg, Catechin: 0.73mg, Catechin: 0.73mg, Catechin: 0.73mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

## Nutrients (% of daily need)

Calories: 34.33kcal (1.72%), Fat: 1.04g (1.6%), Saturated Fat: 0.77g (4.83%), Carbohydrates: 4.4g (1.47%), Net Carbohydrates: 4.04g (1.47%), Sugar: 3.45g (3.83%), Cholesterol: 1.6mg (0.53%), Sodium: 11.94mg (0.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.05g (4.09%), Vitamin C: 5.03mg (6.1%), Vitamin B2: 0.06mg (3.68%), Phosphorus: 34.04mg (3.4%), Calcium: 29.8mg (2.98%), Manganese: 0.06mg (2.77%), Selenium: 1.82µg (2.6%), Vitamin B12: 0.15µg (2.49%), Potassium: 67.96mg (1.94%), Vitamin B6: 0.04mg (1.92%), Fiber: 0.36g (1.46%), Magnesium: 5.3mg (1.33%), Folate: 4.18µg (1.05%), Vitamin K: 1.1µg (1.04%), Vitamin B5: 0.1mg (1.03%)