



Banana-Chocolate Ripple Ice Pops

 **Gluten Free**  **Dairy Free**

READY IN



20 min.

SERVINGS



20

CALORIES



144 kcal

DESSERT

Ingredients

- 6 small bananas
- 20 servings chocolate syrup for drizzling
- 2 teaspoons juice of lemon fresh
- 2 tablespoons sugar
- 1 teaspoon vanilla extract

Equipment

- food processor
- bowl

skewers

Directions

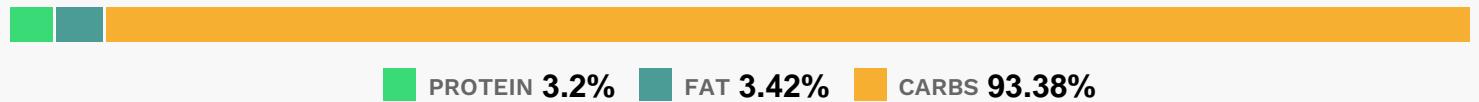
Place ice-pop mold in freezer and 10 pop sticks in a bowl of warm water.

Peel bananas, break each into several pieces and place in a food processor with sugar, juice and vanilla. Blend until very smooth. Divide mixture among molds. Poke fruit with a skewer a few times and tap bottom of mold on counter to release air bubbles.

Place lid on top and insert pop sticks. Freeze for 8 to 12 hours. After you remove pops, drizzle with chocolate syrup.

Let set for 30 seconds before serving.

Nutrition Facts



Properties

Glycemic Index:6.24, Glycemic Load:4.19, Inflammation Score:-2, Nutrition Score:3.3908695798853%

Flavonoids

Catechin: 1.85mg, Catechin: 1.85mg, Catechin: 1.85mg, Catechin: 1.85mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 143.87kcal (7.19%), Fat: 0.56g (0.86%), Saturated Fat: 0.24g (1.51%), Carbohydrates: 34.2g (11.4%), Net Carbohydrates: 32.37g (11.77%), Sugar: 24.79g (27.55%), Cholesterol: 0mg (0%), Sodium: 29.14mg (1.27%), Alcohol: 0.07g (100%), Alcohol %: 0.12% (100%), Protein: 1.17g (2.34%), Manganese: 0.24mg (11.76%), Copper: 0.23mg (11.44%), Magnesium: 34.24mg (8.56%), Fiber: 1.83g (7.32%), Phosphorus: 58.32mg (5.83%), Vitamin B6: 0.11mg (5.69%), Potassium: 198.91mg (5.68%), Iron: 0.92mg (5.13%), Vitamin C: 2.91mg (3.53%), Vitamin B2: 0.04mg (2.51%), Zinc: 0.34mg (2.25%), Folate: 6.96µg (1.74%), Vitamin B3: 0.33mg (1.66%), Selenium: 0.87µg (1.24%), Vitamin B5: 0.11mg (1.07%)