



Banana-Orange Pops



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



47 kcal

Ingredients



2 cups banana ripe mashed (5 medium)



1 teaspoon juice of lemon



1 cup orange juice

Equipment

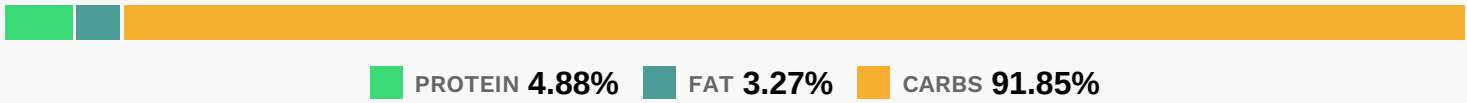


bowl

Directions

- ☐
- Combine all ingredients in a medium bowl; divide mixture evenly among ice pop molds. Cover and freeze 8 hours.
- ☐
- Pouring the measured banana and orange into a bowl. Stirring together the ingredients.

Nutrition Facts



Properties

Glycemic Index:13.35, Glycemic Load:5.79, Inflammation Score:-2, Nutrition Score:3.0447826728873%

Flavonoids

Catechin: 2.29mg, Catechin: 2.29mg, Catechin: 2.29mg, Catechin: 2.29mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 3.79mg, Hesperetin: 3.79mg, Hesperetin: 3.79mg, Hesperetin: 3.79mg Naringenin: 0.67mg, Naringenin: 0.67mg, Naringenin: 0.67mg, Naringenin: 0.67mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 47.46kcal (2.37%), Fat: 0.19g (0.29%), Saturated Fat: 0.05g (0.31%), Carbohydrates: 11.82g (3.94%), Net Carbohydrates: 10.78g (3.92%), Sugar: 7.19g (7.99%), Cholesterol: 0mg (0%), Sodium: 0.69mg (0.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.63g (1.26%), Vitamin C: 19mg (23.04%), Vitamin B6: 0.15mg (7.52%), Potassium: 196.89mg (5.63%), Manganese: 0.11mg (5.28%), Folate: 16.92µg (4.23%), Fiber: 1.04g (4.16%), Magnesium: 13.57mg (3.39%), Vitamin B1: 0.04mg (2.64%), Vitamin B2: 0.04mg (2.16%), Copper: 0.04mg (2.15%), Vitamin B3: 0.37mg (1.87%), Vitamin B5: 0.19mg (1.85%), Vitamin A: 86.04IU (1.72%), Phosphorus: 13.57mg (1.36%)