



Berry-Banana Freezer Pops



Vegetarian



Gluten Free

READY IN



485 min.

SERVINGS



10

CALORIES



45 kcal

Ingredients

- ☐ 20 ounces strawberries frozen thawed undrained
- ☐ 6 ounces strawberry yogurt yoplait®
- ☐ 1 small banana mashed
- ☐ 10 celery stalks with rounded ends

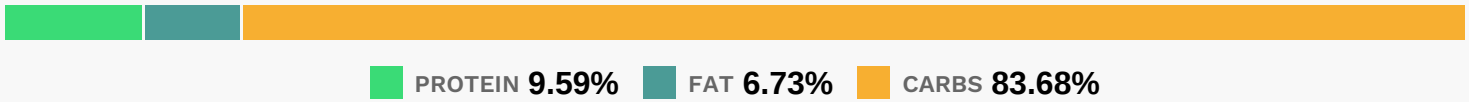
Equipment

- ☐ baking sheet
- ☐ blender

Directions

- ☐ Place strawberries, yogurt and banana in blender. Cover and blend until smooth.
- ☐ Pour slightly less than 1/2 cup fruit mixture into each of ten 6- to 8-ounce freezer pop molds or paper cups. Insert stick into each pop. If using paper cups, place on cookie sheet. Freeze at least 8 hours.

Nutrition Facts



Properties

Glycemic Index:12.68, Glycemic Load:2.42, Inflammation Score:-3, Nutrition Score:4.2743478935698%

Flavonoids

Cyanidin: 0.95mg, Cyanidin: 0.95mg, Cyanidin: 0.95mg, Cyanidin: 0.95mg Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 14.09mg, Pelargonidin: 14.09mg, Pelargonidin: 14.09mg, Pelargonidin: 14.09mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 2.38mg, Catechin: 2.38mg, Catechin: 2.38mg, Catechin: 2.38mg Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg Epicatechin: 0.24mg, Epicatechin: 0.24mg, Epicatechin: 0.24mg, Epicatechin: 0.24mg Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 45.04kcal (2.25%), Fat: 0.36g (0.56%), Saturated Fat: 0.11g (0.67%), Carbohydrates: 10.16g (3.39%), Net Carbohydrates: 8.65g (3.15%), Sugar: 6.98g (7.76%), Cholesterol: 1.53mg (0.51%), Sodium: 13.22mg (0.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.16g (2.33%), Vitamin C: 34.34mg (41.63%), Manganese: 0.25mg (12.51%), Fiber: 1.51g (6.05%), Potassium: 163.41mg (4.67%), Folate: 17.07µg (4.27%), Vitamin B6: 0.07mg (3.33%), Vitamin B2: 0.05mg (3.1%), Phosphorus: 30.06mg (3.01%), Calcium: 29.55mg (2.95%), Magnesium: 10.54mg (2.63%), Vitamin K: 2.47µg (2.35%), Copper: 0.04mg (1.82%), Iron: 0.29mg (1.6%), Vitamin B3: 0.3mg (1.49%), Vitamin B12: 0.09µg (1.47%), Vitamin E: 0.19mg (1.24%), Vitamin B1: 0.02mg (1.17%), Vitamin B5: 0.11mg (1.14%)