



Berry-Banana Freezer Pops



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



129 kcal

DESSERT

Ingredients

- ☐ 1 banana
- ☐ 3 cups poached berries fresh
- ☐ 10 servings craft sticks
- ☐ 0.5 cup honey
- ☐ 1 cup vanilla yogurt low-fat
- ☐ 2 oz pop molds

Equipment

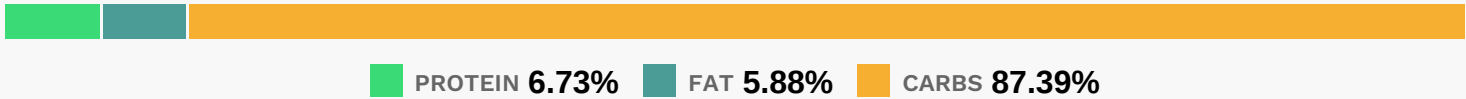
- ☐ bowl

blender

Directions

- Bring berries and honey to a boil. Reduce heat; simmer 5 minutes. Strain mixture into a bowl, using a spoon to squeeze out juice and pulp. Discard solids. Cover and chill 30 minutes.
Process yogurt and banana in a blender; pour into pop molds, alternating with berry mixture. Top with lid, and insert craft sticks. Freeze.

Nutrition Facts



Properties

Glycemic Index:20.54, Glycemic Load:10.98, Inflammation Score:-2, Nutrition Score:3.6621739086897%

Flavonoids

Cyanidin: 2.03mg, Cyanidin: 2.03mg, Cyanidin: 2.03mg, Cyanidin: 2.03mg Petunidin: 8.44mg, Petunidin: 8.44mg, Petunidin: 8.44mg, Petunidin: 8.44mg Delphinidin: 10.04mg, Delphinidin: 10.04mg, Delphinidin: 10.04mg, Delphinidin: 10.04mg Malvidin: 23.09mg, Malvidin: 23.09mg, Malvidin: 23.09mg, Malvidin: 23.09mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 0.22mg, Peonidin: 0.22mg, Peonidin: 0.22mg, Peonidin: 0.22mg Catechin: 0.72mg, Catechin: 0.72mg, Catechin: 0.72mg, Catechin: 0.72mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.85mg, Luteolin: 0.85mg, Luteolin: 0.85mg, Luteolin: 0.85mg Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg Myricetin: 0.82mg, Myricetin: 0.82mg, Myricetin: 0.82mg, Myricetin: 0.82mg Quercetin: 2.17mg, Quercetin: 2.17mg, Quercetin: 2.17mg, Quercetin: 2.17mg

Nutrients (% of daily need)

Calories: 128.65kcal (6.43%), Fat: 0.9g (1.39%), Saturated Fat: 0.27g (1.68%), Carbohydrates: 30.16g (10.05%), Net Carbohydrates: 27.72g (10.08%), Sugar: 22.73g (25.25%), Cholesterol: 1.23mg (0.41%), Sodium: 18.68mg (0.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.32g (4.65%), Fiber: 2.43g (9.74%), Manganese: 0.18mg (8.94%), Vitamin K: 8.07µg (7.69%), Phosphorus: 62mg (6.2%), Vitamin B2: 0.09mg (5.1%), Calcium: 48.02mg (4.8%), Vitamin B6: 0.1mg (4.77%), Magnesium: 18.04mg (4.51%), Potassium: 151.08mg (4.32%), Zinc: 0.47mg (3.11%), Vitamin C: 2.5mg (3.03%), Vitamin B5: 0.28mg (2.76%), Folate: 10.77µg (2.69%), Vitamin B3: 0.5mg (2.51%), Copper: 0.05mg (2.45%), Vitamin B1: 0.03mg (2.33%), Vitamin B12: 0.13µg (2.16%), Selenium: 1.5µg (2.15%), Iron: 0.39mg (2.14%), Vitamin E: 0.26mg (1.73%), Vitamin A: 55.08IU (1.1%)