





Berry Frozen Yogurt Popsicles

 Vegetarian  Gluten Free  Dairy Free  Low Fod Map

READY IN



260 min.

SERVINGS



10

CALORIES



64 kcal

Ingredients

- 2 cups vanilla yogurt frozen
- 6 oz raspberries fresh divided
- 6 oz blueberries fresh divided

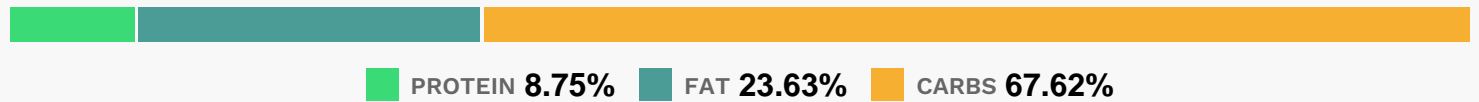
Equipment

- food processor
- blender
- popsicle molds

Directions

- Add the vanilla frozen yogurt, 3 oz raspberries, and 3 oz blueberries to a food processor or blender. Pulse about 20 times until the fruit is broken up and the mixture is smooth. Scoop 1 TBSP of the fro-yo mixture into each of your popsicle molds. Drop a couple of blueberries in each mold.
- Add another tablespoon of the fro-yo mixture to each mold. Now add a couple of raspberries. Then add another tablespoon of the fro-yo mixture to each mold and repeat with the blueberries and then again with the raspberries (if you have room). Freeze the pops until solid, at least 4 hours. To release the popsicles just run the molds under really warm water for 10-15 seconds. Jiggle and pull out! Enjoy!

Nutrition Facts



Properties

Glycemic Index: 6.6, Glycemic Load: 1.06, Inflammation Score: -2, Nutrition Score: 2.8578260869565%

Flavonoids

Cyanidin: 9.22mg, Cyanidin: 9.22mg, Cyanidin: 9.22mg, Cyanidin: 9.22mg Petunidin: 5.42mg, Petunidin: 5.42mg, Petunidin: 5.42mg, Petunidin: 5.42mg Delphinidin: 6.25mg, Delphinidin: 6.25mg, Delphinidin: 6.25mg, Delphinidin: 6.25mg Malvidin: 11.52mg, Malvidin: 11.52mg, Malvidin: 11.52mg, Malvidin: 11.52mg Pelargonidin: 0.17mg, Pelargonidin: 0.17mg, Pelargonidin: 0.17mg, Pelargonidin: 0.17mg Peonidin: 3.47mg, Peonidin: 3.47mg, Peonidin: 3.47mg, Peonidin: 3.47mg Catechin: 1.12mg, Catechin: 1.12mg, Catechin: 1.12mg, Catechin: 1.12mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 0.7mg, Epicatechin: 0.7mg, Epicatechin: 0.7mg, Epicatechin: 0.7mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 1.48mg, Quercetin: 1.48mg, Quercetin: 1.48mg, Quercetin: 1.48mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Taste

Sweetness: 100%, Saltiness: 3.53%, Sourness: 49.69%, Bitterness: 18.93%, Savoriness: 3.33%, Fattiness: 12.59%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 64.33kcal (3.22%), Fat: 1.78g (2.74%), Saturated Fat: 0.99g (6.21%), Carbohydrates: 11.46g (3.82%), Net Carbohydrates: 9.95g (3.62%), Sugar: 9.36g (10.4%), Cholesterol: 0.58mg (0.19%), Sodium: 25.4mg (1.1%), Protein: 1.48g (2.96%), Manganese: 0.17mg (8.73%), Vitamin C: 6.34mg (7.68%), Fiber: 1.51g (6.06%), Calcium: 46.46mg (4.65%), Vitamin B2: 0.08mg (4.59%), Vitamin K: 4.7µg (4.47%), Phosphorus: 44.13mg (4.41%), Potassium: 99.55mg (2.84%), Vitamin B5: 0.26mg (2.63%), Magnesium: 8.79mg (2.2%), Vitamin B6: 0.04mg (2.06%), Vitamin E: 0.28mg (1.84%), Copper: 0.04mg (1.83%), Folate: 6.32µg (1.58%), Vitamin A: 75.85IU (1.52%), Vitamin B1: 0.02mg (1.49%), Zinc: 0.22mg (1.46%), Selenium: 1µg (1.43%), Iron: 0.25mg (1.4%), Vitamin B12: 0.08µg (1.39%), Vitamin B3: 0.26mg (1.28%)