



## Berry Pops

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



20

CALORIES



25 kcal

DESSERT

### Ingredients

- 3 ounce berry gelatin blue
- 4.3 ounce berry punch mix
- 20 wooden craft sticks
- 0.5 cup sugar
- 2 cups water boiling
- 2 cups water cold

### Equipment

# Directions

- Stir together first 4 ingredients 2 minutes or until gelatin dissolves; stir in 2 cups cold water.
- Pour mixture evenly into 1/4-cup molds; freeze 30 minutes or until firm. Insert wooden sticks, and freeze at least 5 hours.
- NOTE: For testing purposes only, we used Kool-Aid drink mix.
- Prep: 10 min.; Freeze: 5 hrs.

# Nutrition Facts

**PROTEIN 1.26%** **FAT 2.54%** **CARBS 96.2%**

# Properties

Glycemic Index:7.1, Glycemic Load:3.71, Inflammation Score:-1, Nutrition Score:0.5239130401093%

# Flavonoids

Cyanidin: 0.63mg, Cyanidin: 0.63mg, Cyanidin: 0.63mg, Cyanidin: 0.63mg Petunidin: 2.45mg, Petunidin: 2.45mg, Petunidin: 2.45mg, Petunidin: 2.45mg Delphinidin: 2.82mg, Delphinidin: 2.82mg, Delphinidin: 2.82mg, Delphinidin: 2.82mg Malvidin: 5.9mg, Malvidin: 5.9mg, Malvidin: 5.9mg, Malvidin: 5.9mg Peonidin: 0.89mg, Peonidin: 0.89mg, Peonidin: 0.89mg, Peonidin: 0.89mg Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg Gallic acid: 0.01mg, Gallic acid: 0.01mg, Gallic acid: 0.01mg, Gallic acid: 0.01mg

# Nutrients (% of daily need)

Calories: 25.34kcal (1.27%), Fat: 0.08g (0.12%), Saturated Fat: 0.01g (0.04%), Carbohydrates: 6.46g (2.15%), Net Carbohydrates: 6.13g (2.23%), Sugar: 5.98g (6.65%), Cholesterol: 0mg (0%), Sodium: 5.72mg (0.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.08g (0.17%), Vitamin K: 2.99µg (2.85%), Manganese: 0.03mg (1.38%), Fiber: 0.33g (1.32%)