



Berry Yogurt Ice Pops

 Vegetarian  Gluten Free

READY IN



490 min.

SERVINGS



4

CALORIES



55 kcal

Ingredients

- 0.5 cup blackberries fresh
- 1 cup strawberries fresh quartered
- 6 oz vanilla yogurt fat free french 99% yoplait®

Equipment

- blender

Directions

- In blender, place all ingredients. Cover; blend on medium speed until smooth.

Pour mixture evenly into freezer pop molds. Freeze at least 8 hours or overnight.

Nutrition Facts

PROTEIN 17.74% **FAT 11.22%** **CARBS 71.04%**

Properties

Glycemic Index:16.25, Glycemic Load:1.01, Inflammation Score:-3, Nutrition Score:5.0299999869388%

Flavonoids

Cyanidin: 18.6mg, Cyanidin: 18.6mg, Cyanidin: 18.6mg, Cyanidin: 18.6mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg Pelargonidin: 9.03mg, Pelargonidin: 9.03mg, Pelargonidin: 9.03mg, Pelargonidin: 9.03mg Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg Catechin: 7.79mg, Catechin: 7.79mg, Catechin: 7.79mg, Catechin: 7.79mg Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg Epicatechin: 0.99mg, Epicatechin: 0.99mg, Epicatechin: 0.99mg, Epicatechin: 0.99mg Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg Gallic acid: 0.01mg, Gallic acid: 0.01mg, Gallic acid: 0.01mg, Gallic acid: 0.01mg

Nutrients (% of daily need)

Calories: 55.41kcal (2.77%), Fat: 0.73g (1.12%), Saturated Fat: 0.35g (2.19%), Carbohydrates: 10.36g (3.45%), Net Carbohydrates: 8.69g (3.16%), Sugar: 8.51g (9.45%), Cholesterol: 2.13mg (0.71%), Sodium: 28.61mg (1.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.59g (5.18%), Vitamin C: 25.29mg (30.65%), Manganese: 0.26mg (12.85%), Calcium: 83.7mg (8.37%), Phosphorus: 70.01mg (7%), Fiber: 1.67g (6.7%), Vitamin B2: 0.1mg (5.77%), Potassium: 177.37mg (5.07%), Folate: 17.82µg (4.45%), Vitamin K: 4.4µg (4.19%), Magnesium: 15.08mg (3.77%), Vitamin B12: 0.23µg (3.76%), Zinc: 0.5mg (3.33%), Vitamin B5: 0.33mg (3.29%), Selenium: 2.3µg (3.29%), Copper: 0.05mg (2.63%), Vitamin E: 0.32mg (2.16%), Vitamin B6: 0.04mg (2.07%), Vitamin B1: 0.03mg (2.01%), Iron: 0.29mg (1.61%), Vitamin B3: 0.3mg (1.5%), Vitamin A: 61.13IU (1.22%)