



Blackberry-Cardamom Fruit Pops

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



61 kcal

DESSERT

Ingredients

- 0.5 cup apple juice
- 3.5 cups blackberries rinsed drained
- 0.1 teaspoon ground cardamom
- 2 tablespoons sugar

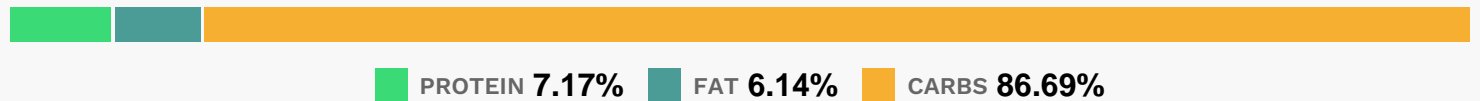
Equipment

- sieve
- blender

Directions

- In a blender, whirl 3 1/2 cups rinsed, drained blackberries until smooth. Push through a fine strainer into a 1-quart glass measure; discard seeds.
- Add 1/2 cup apple juice, 2 to 4 tablespoons sugar (to taste), and 1/8 teaspoon ground cardamom to pure; stir until sugar is dissolved.
- Pour fruit mixture into 6 to 8 juice bar molds (see notes). Attach covers firmly and insert sticks, leaving 1 1/2 to 2 inches of each sticking out. Set molds in freezer, making sure they're level and upright, and freeze until firm, at least 3 hours, or up to 2 weeks.
- To unmold, run warm water over the molds up to the rim, just until pops are released from sides, 5 to 15 seconds.
- Remove the covers and pull out the pops.
- Layered Pops: To create two-tone pops, make two different recipes and use twice as many molds.
- Pour one mixture into all the molds and freeze until firm to the touch on top, about 45 minutes, then pour the second mixture over the first, and freeze completely.

Nutrition Facts



Properties

Glycemic Index:23.47, Glycemic Load:4.63, Inflammation Score:-5, Nutrition Score:5.9265217858812%

Flavonoids

Cyanidin: 83.96mg, Cyanidin: 83.96mg, Cyanidin: 83.96mg, Cyanidin: 83.96mg Pelargonidin: 0.38mg, Pelargonidin: 0.38mg, Pelargonidin: 0.38mg, Pelargonidin: 0.38mg Peonidin: 0.18mg, Peonidin: 0.18mg, Peonidin: 0.18mg, Peonidin: 0.18mg Catechin: 31.39mg, Catechin: 31.39mg, Catechin: 31.39mg, Catechin: 31.39mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 4.89mg, Epicatechin: 4.89mg, Epicatechin: 4.89mg, Epicatechin: 4.89mg Epigallocatechin 3-gallate: 0.57mg, Epigallocatechin 3-gallate: 0.57mg, Epigallocatechin 3-gallate: 0.57mg, Epigallocatechin 3-gallate: 0.57mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg Quercetin: 3.13mg, Quercetin: 3.13mg, Quercetin: 3.13mg, Quercetin: 3.13mg

Nutrients (% of daily need)

Calories: 61.16kcal (3.06%), Fat: 0.45g (0.7%), Saturated Fat: 0.02g (0.1%), Carbohydrates: 14.42g (4.81%), Net Carbohydrates: 9.92g (3.61%), Sugar: 10.08g (11.2%), Cholesterol: 0mg (0%), Sodium: 1.71mg (0.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.19g (2.39%), Manganese: 0.57mg (28.49%), Vitamin C: 17.83mg (21.62%), Fiber: 4.51g (18.02%), Vitamin K: 16.63µg (15.84%), Copper: 0.14mg (7.08%), Vitamin E: 0.98mg (6.57%), Folate: 21µg (5.25%), Potassium: 157.5mg (4.5%), Magnesium: 17.93mg (4.48%), Vitamin A: 179.97IU (3.6%), Iron: 0.55mg (3.07%), Zinc: 0.45mg (3.02%), Vitamin B3: 0.56mg (2.79%), Calcium: 26.21mg (2.62%), Vitamin B5: 0.24mg (2.42%), Phosphorus: 20mg (2%), Vitamin B2: 0.03mg (1.54%), Vitamin B6: 0.03mg (1.45%), Vitamin B1: 0.02mg (1.41%)