



Blueberry-Basil Ice Pops



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



360 min.

SERVINGS



10

CALORIES



113 kcal

DESSERT

Ingredients



3 pints blueberries fresh



5 stalks basil fresh



10 juice of lemon



0.3 cup sugar



1 cup water

Equipment



sauce pan



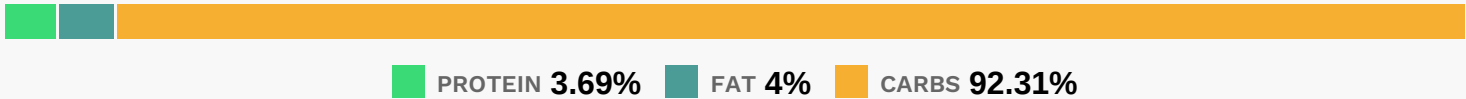
blender

☐ popsicle sticks

Directions

- ☐ In a small saucepan, cook the blueberries, 3 stalks of basil and water over low heat until the blueberries have softened and the mixture is a deep blue/purple color.
- ☐ Remove the basil stalks and discard, then add sugar and stir until dissolved.
- ☐ Let cool, then add to blender along with lemon juice and leaves from the reserved basil. Blend until smooth.
- ☐ Pour the mixture into the paper cups, and place in the fridge until chilled, then move to freezer. After about an hour, or when the pops are partially frozen, insert a popsicle stick into each cup.
- ☐ When frozen solid, tear the paper cups off the pops and enjoy!

Nutrition Facts



Properties

Glycemic Index:18.01, Glycemic Load:11.53, Inflammation Score:-5, Nutrition Score:6.315217450909%

Flavonoids

Cyanidin: 12.01mg, Cyanidin: 12.01mg, Cyanidin: 12.01mg, Cyanidin: 12.01mg Petunidin: 44.76mg, Petunidin: 44.76mg, Petunidin: 44.76mg, Petunidin: 44.76mg Delphinidin: 50.29mg, Delphinidin: 50.29mg, Delphinidin: 50.29mg, Delphinidin: 50.29mg Malvidin: 95.95mg, Malvidin: 95.95mg, Malvidin: 95.95mg, Malvidin: 95.95mg Peonidin: 28.8mg, Peonidin: 28.8mg, Peonidin: 28.8mg, Peonidin: 28.8mg Catechin: 7.51mg, Catechin: 7.51mg, Catechin: 7.51mg, Catechin: 7.51mg Epigallocatechin: 0.94mg, Epigallocatechin: 0.94mg, Epigallocatechin: 0.94mg, Epigallocatechin: 0.94mg Epicatechin: 0.88mg, Epicatechin: 0.88mg, Epicatechin: 0.88mg, Epicatechin: 0.88mg Eriodictyol: 1.46mg, Eriodictyol: 1.46mg, Eriodictyol: 1.46mg, Eriodictyol: 1.46mg Hesperetin: 4.34mg, Hesperetin: 4.34mg, Hesperetin: 4.34mg, Hesperetin: 4.34mg Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Kaempferol: 2.36mg, Kaempferol: 2.36mg, Kaempferol: 2.36mg, Kaempferol: 2.36mg Myricetin: 1.85mg, Myricetin: 1.85mg, Myricetin: 1.85mg, Myricetin: 1.85mg Quercetin: 11mg, Quercetin: 11mg, Quercetin: 11mg, Quercetin: 11mg Gallocatechin: 0.17mg, Gallocatechin: 0.17mg, Gallocatechin: 0.17mg, Gallocatechin: 0.17mg

Nutrients (% of daily need)

Calories: 113.29kcal (5.66%), Fat: 0.56g (0.87%), Saturated Fat: 0.05g (0.32%), Carbohydrates: 29.31g (9.77%), Net Carbohydrates: 25.8g (9.38%), Sugar: 21.55g (23.94%), Cholesterol: 0mg (0%), Sodium: 2.99mg (0.13%), Alcohol:

Og (100%), Alcohol %: 0% (100%), Protein: 1.17g (2.34%), Vitamin C: 25.47mg (30.87%), Vitamin K: 29.47µg (28.07%), Manganese: 0.49mg (24.33%), Fiber: 3.5g (14.02%), Vitamin E: 0.86mg (5.72%), Copper: 0.09mg (4.59%), Vitamin B6: 0.09mg (4.42%), Potassium: 141.81mg (4.05%), Vitamin B1: 0.06mg (3.99%), Vitamin B2: 0.06mg (3.79%), Folate: 14.86µg (3.71%), Vitamin B3: 0.63mg (3.13%), Magnesium: 10.87mg (2.72%), Iron: 0.44mg (2.45%), Vitamin B5: 0.22mg (2.16%), Vitamin A: 104.83IU (2.1%), Phosphorus: 19.71mg (1.97%), Zinc: 0.25mg (1.66%), Calcium: 11.98mg (1.2%)