



Blueberry Grape Smoothie Poppers

 Gluten Free

READY IN



255 min.

SERVINGS



24

CALORIES



25 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- 2 envelopes gelatin powder unflavored
- 0.5 cup grape juice cold
- 0.5 cup blueberries fresh
- 12 oz vanilla yogurt fat free french 99% yoplait®
- 0.8 cup grape juice boiling

Equipment

- bowl
- paper towels

blender

loaf pan

Directions

- Lightly spray 9x5-inch loaf pan with cooking spray, then blot with paper towel; set aside. In large bowl, sprinkle gelatin on 1/2 cup cold grape juice to soften; let stand 1 minute.
- Meanwhile, in blender, place blueberries and yogurt. Cover; blend on high speed until smooth.
- Add hot grape juice to gelatin mixture, and stir about 2 minutes or until gelatin is dissolved. Stir in yogurt mixture.
- Pour into loaf pan.
- Cover and refrigerate until firm, about 4 hours.
- Cut into cubes and serve, or cover and refrigerate up to 2 days before serving.

Nutrition Facts

 **PROTEIN 18.64%**  **FAT 1.97%**  **CARBS 79.39%**

Properties

Glycemic Index:1.67, Glycemic Load:0.15, Inflammation Score:-1, Nutrition Score:0.83347824798978%

Flavonoids

Cyanidin: 0.38mg, Cyanidin: 0.38mg, Cyanidin: 0.38mg, Cyanidin: 0.38mg Petunidin: 1.11mg, Petunidin: 1.11mg, Petunidin: 1.11mg, Petunidin: 1.11mg Delphinidin: 1.35mg, Delphinidin: 1.35mg, Delphinidin: 1.35mg, Delphinidin: 1.35mg Malvidin: 3.56mg, Malvidin: 3.56mg, Malvidin: 3.56mg, Malvidin: 3.56mg Peonidin: 0.77mg, Peonidin: 0.77mg, Peonidin: 0.77mg, Peonidin: 0.77mg Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 25.08kcal (1.25%), Fat: 0.06g (0.09%), Saturated Fat: 0.02g (0.13%), Carbohydrates: 5.09g (1.7%), Net Carbohydrates: 4.99g (1.81%), Sugar: 4.87g (5.41%), Cholesterol: 0.28mg (0.09%), Sodium: 10.05mg (0.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.19g (2.39%), Manganese: 0.05mg (2.37%), Calcium: 23.5mg (2.35%), Phosphorus: 19.31mg (1.93%), Vitamin B2: 0.03mg (1.77%), Selenium: 1.08µg (1.55%), Potassium: 43.67mg

(1.25%), Vitamin B12: 0.07 μ g (1.11%)