



Blueberry-Lime Ice Pops



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



107 kcal

DESSERT

Ingredients

- ☐ 1 lb blueberries wild fresh thawed (not)
- ☐ 0.3 cup juice of lime fresh
- ☐ 0.8 cup sugar to taste
- ☐ 0.5 cup water

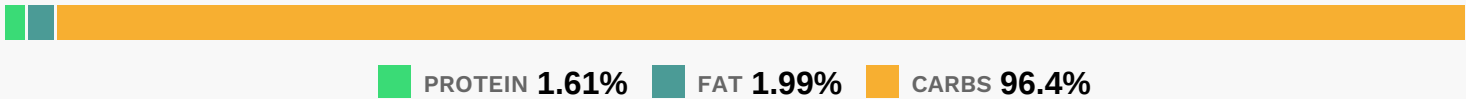
Equipment

- ☐ sauce pan
- ☐ blender

Directions

- ☐ Simmer blueberries, 3/4 cup sugar, and water in a 1 1/2- to 2-quart heavy saucepan, stirring occasionally, until blueberries burst and collapse, 3 to 5 minutes. Purée with lime juice in a blender until smooth. (Use caution when blending hot liquids.) Blend in sugar to taste.
- ☐ Pour into molds and freeze until slushy, about 45 minutes. Insert sticks and continue to freeze until completely hardened, at least 3 hours and up to 1 week.

Nutrition Facts



Properties

Glycemic Index:13.76, Glycemic Load:15.83, Inflammation Score:-2, Nutrition Score:2.3947825665059%

Flavonoids

Cyanidin: 4.8mg, Cyanidin: 4.8mg, Cyanidin: 4.8mg, Cyanidin: 4.8mg Petunidin: 17.88mg, Petunidin: 17.88mg, Petunidin: 17.88mg, Petunidin: 17.88mg Delphinidin: 20.09mg, Delphinidin: 20.09mg, Delphinidin: 20.09mg, Delphinidin: 20.09mg Malvidin: 38.32mg, Malvidin: 38.32mg, Malvidin: 38.32mg, Malvidin: 38.32mg Peonidin: 11.5mg, Peonidin: 11.5mg, Peonidin: 11.5mg, Peonidin: 11.5mg Catechin: 3mg, Catechin: 3mg, Catechin: 3mg, Catechin: 3mg Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg Epicatechin: 0.35mg, Epicatechin: 0.35mg, Epicatechin: 0.35mg, Epicatechin: 0.35mg Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.94mg, Kaempferol: 0.94mg, Kaempferol: 0.94mg, Kaempferol: 0.94mg Myricetin: 0.74mg, Myricetin: 0.74mg, Myricetin: 0.74mg, Myricetin: 0.74mg Quercetin: 4.4mg, Quercetin: 4.4mg, Quercetin: 4.4mg, Quercetin: 4.4mg Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg

Nutrients (% of daily need)

Calories: 107.03kcal (5.35%), Fat: 0.25g (0.39%), Saturated Fat: 0.02g (0.1%), Carbohydrates: 27.75g (9.25%), Net Carbohydrates: 26.34g (9.58%), Sugar: 24.53g (27.26%), Cholesterol: 0mg (0%), Sodium: 1.7mg (0.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.46g (0.92%), Vitamin K: 11µg (10.48%), Vitamin C: 8.52mg (10.33%), Manganese: 0.19mg (9.65%), Fiber: 1.4g (5.6%), Vitamin E: 0.35mg (2.3%), Copper: 0.04mg (1.94%), Vitamin B2: 0.03mg (1.67%), Vitamin B6: 0.03mg (1.67%), Potassium: 55.83mg (1.6%), Vitamin B1: 0.02mg (1.57%), Vitamin B3: 0.25mg (1.26%), Folate: 4.41µg (1.1%), Magnesium: 4.36mg (1.09%)