



Blueberry Moonshine Pops



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



310 min.

SERVINGS



10

CALORIES



98 kcal

DESSERT

Ingredients



4.8 cups blueberries



5 ounces granulated sugar organic



1 fluid ounce juice of lemon freshly squeezed



10 servings simple syrup glaze



5 fluid ounces water

Equipment



food processor



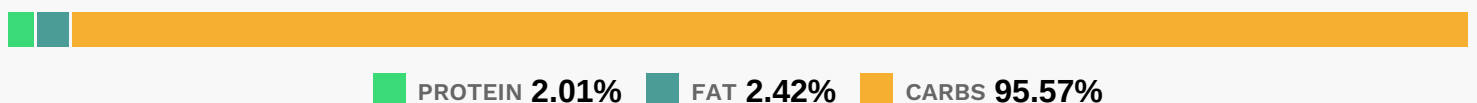
bowl

- ☐ sauce pan
- ☐ sieve
- ☐ wooden spoon
- ☐ ziploc bags
- ☐ spatula
- ☐ colander

Directions

- ☐ Combine the sugar and water in a small saucepan and bring to a simmer over medium-high heat, stirring until the sugar dissolves and the mixture is transparent. Turn off the heat and let cool.
- ☐ Add any spices before the mixture starts to simmer; add any herbs only after you've turned off the heat. Store plain and infused syrups in sealed containers in the fridge.
- ☐ Make the Pops: Pick out any stems or leaves from the blueberries and purée them in a food processor. You should have about 2 1/4 cups (18 ounces) of purée.
- ☐ Combine the puréed blueberries, simple syrup, and lemon juice in a bowl or measuring pitcher with a pouring spout. Taste; the precise amount of simple syrup and lemon juice needed will depend on how sweet the berries were to begin with. Be aware that blueberries are one of the rare fruits that you don't want to oversweeten because they tend to get sweeter as they freeze. Stir in the moonshine.
- ☐ If you wish, now is the time to strain out the skins by pressing the gloppy blueberry mixture through a colander or sieve using a wooden spoon, a rubber spatula, or your fist (blueberries stain skin, so those choosing the third route might want to wear gloves). Or don't, and leave them in.
- ☐ Pour the mixture into your ice pop molds, leaving a little bit of room at the top for the mixture to expand. Insert sticks and freeze until solid, 4 to 5 hours. Unmold and transfer to plastic bags for storage or serve at once.

Nutrition Facts



Properties

Glycemic Index:11.01, Glycemic Load:13.3, Inflammation Score:-2, Nutrition Score:2.7286956355624%

Flavonoids

Cyanidin: 5.95mg, Cyanidin: 5.95mg, Cyanidin: 5.95mg, Cyanidin: 5.95mg Petunidin: 22.17mg, Petunidin: 22.17mg, Petunidin: 22.17mg, Petunidin: 22.17mg Delphinidin: 24.91mg, Delphinidin: 24.91mg, Delphinidin: 24.91mg, Delphinidin: 24.91mg Malvidin: 47.52mg, Malvidin: 47.52mg, Malvidin: 47.52mg, Malvidin: 47.52mg Peonidin: 14.26mg, Peonidin: 14.26mg, Peonidin: 14.26mg, Peonidin: 14.26mg Catechin: 3.72mg, Catechin: 3.72mg, Catechin: 3.72mg, Catechin: 3.72mg Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg Epicatechin: 0.44mg, Epicatechin: 0.44mg, Epicatechin: 0.44mg, Epicatechin: 0.44mg Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 1.17mg, Kaempferol: 1.17mg, Kaempferol: 1.17mg, Kaempferol: 1.17mg Myricetin: 0.91mg, Myricetin: 0.91mg, Myricetin: 0.91mg, Myricetin: 0.91mg Quercetin: 5.4mg, Quercetin: 5.4mg, Quercetin: 5.4mg, Quercetin: 5.4mg Gallocatechin: 0.08mg, Gallocatechin: 0.08mg, Gallocatechin: 0.08mg, Gallocatechin: 0.08mg

Nutrients (% of daily need)

Calories: 97.98kcal (4.9%), Fat: 0.28g (0.44%), Saturated Fat: 0.02g (0.13%), Carbohydrates: 25.25g (8.42%), Net Carbohydrates: 23.55g (8.56%), Sugar: 21.95g (24.39%), Cholesterol: 0mg (0%), Sodium: 2.19mg (0.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.53g (1.06%), Vitamin K: 13.57µg (12.92%), Manganese: 0.24mg (11.86%), Vitamin C: 7.96mg (9.65%), Fiber: 1.7g (6.78%), Vitamin E: 0.41mg (2.7%), Copper: 0.04mg (2.21%), Vitamin B2: 0.03mg (1.92%), Vitamin B6: 0.04mg (1.9%), Vitamin B1: 0.03mg (1.87%), Potassium: 58.09mg (1.66%), Vitamin B3: 0.3mg (1.49%), Iron: 0.24mg (1.35%), Folate: 4.81µg (1.2%), Magnesium: 4.64mg (1.16%)