

Campari-Orange Pops



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



84 kcal

DESSERT

Ingredients

- ☐ 0.3 cup campari
- ☐ 0.3 cup juice of lemon fresh
- ☐ 1.8 cups orange juice fresh
- ☐ 0.3 cup sugar

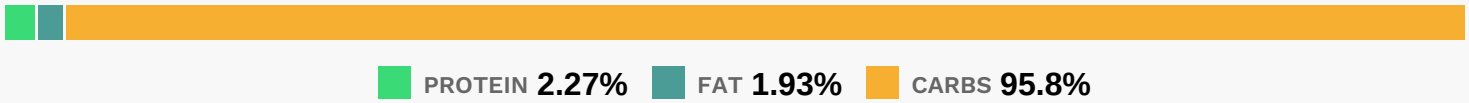
Equipment

- ☐ sauce pan

Directions

- ☐ Bring sugar and 1/2 cup water to a boil in a small saucepan over high heat, stirring until sugar dissolves.
- ☐ Transfer syrup to a medium pitcher; chill until cold, about 1 hour.
- ☐ Stir all remaining ingredients into syrup. Divide among molds. Cover; insert ice-pop sticks. Freeze until firm. Dip bottoms of molds into hot water for 20–30 seconds to loosen pops.
- ☐ Remove pops from molds and serve.

Nutrition Facts



Properties

Glycemic Index:15.26, Glycemic Load:8.69, Inflammation Score:-3, Nutrition Score:2.6617390851936%

Flavonoids

Eriodictyol: 0.46mg, Eriodictyol: 0.46mg, Eriodictyol: 0.46mg, Eriodictyol: 0.46mg Hesperetin: 7.59mg, Hesperetin: 7.59mg, Hesperetin: 7.59mg Naringenin: 1.27mg, Naringenin: 1.27mg, Naringenin: 1.27mg, Naringenin: 1.27mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 84.43kcal (4.22%), Fat: 0.15g (0.24%), Saturated Fat: 0.02g (0.1%), Carbohydrates: 17.12g (5.71%), Net Carbohydrates: 16.99g (6.18%), Sugar: 13.07g (14.52%), Cholesterol: 0mg (0%), Sodium: 0.7mg (0.03%), Alcohol: 2.23g (100%), Alcohol %: 3.53% (100%), Protein: 0.41g (0.81%), Vitamin C: 30.08mg (36.46%), Folate: 17.8µg (4.45%), Vitamin B1: 0.05mg (3.38%), Potassium: 116.52mg (3.33%), Vitamin A: 108.96IU (2.18%), Magnesium: 6.43mg (1.61%), Copper: 0.03mg (1.28%), Vitamin B6: 0.03mg (1.26%), Vitamin B5: 0.11mg (1.13%), Vitamin B2: 0.02mg (1.12%), Vitamin B3: 0.22mg (1.12%)