



Cherry-Berry Lemonade Pops



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



14

CALORIES



147 kcal

DESSERT

Ingredients

- ☐ 16 ounce poached berries mixed frozen thawed
- ☐ 0.8 cup juice of lemon fresh (5 lemons)
- ☐ 0.3 cup juice of lime fresh (1 large lime)
- ☐ 16 ounce maraschino cherries without stems
- ☐ 14 plastic pop mold and sticks
- ☐ 1.3 cups sugar
- ☐ 2 cups water

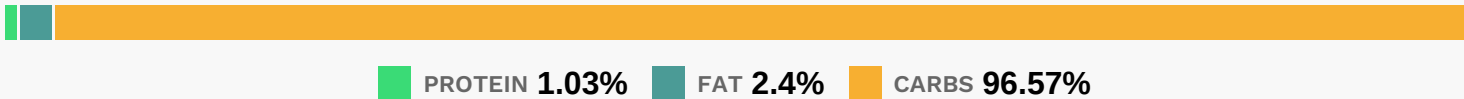
Equipment

- ☐ sieve
- ☐ blender

Directions

- ☐ Process first 5 ingredients in a blender until smooth, stopping to scrape down sides.
- ☐ Pour fruit mixture through a wire-mesh strainer into a pitcher, discarding solids. Stir in 2 cups water.
- ☐ Pour Cherry-Berry lemonade evenly into 14 (14-ounce) plastic pop molds. Insert plastic pop sticks, and freeze 4 hours or until firm.

Nutrition Facts



Properties

Glycemic Index:9.74, Glycemic Load:12.89, Inflammation Score:-1, Nutrition Score:2.054782608281%

Flavonoids

Cyanidin: 1.41mg, Cyanidin: 1.41mg, Cyanidin: 1.41mg, Cyanidin: 1.41mg Petunidin: 5.88mg, Petunidin: 5.88mg, Petunidin: 5.88mg, Petunidin: 5.88mg Delphinidin: 6.99mg, Delphinidin: 6.99mg, Delphinidin: 6.99mg, Delphinidin: 6.99mg Malvidin: 16.09mg, Malvidin: 16.09mg, Malvidin: 16.09mg, Malvidin: 16.09mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 0.15mg, Peonidin: 0.15mg, Peonidin: 0.15mg, Peonidin: 0.15mg Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.28mg, Hesperetin: 2.28mg, Hesperetin: 2.28mg, Hesperetin: 2.28mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg Quercetin: 1.57mg, Quercetin: 1.57mg, Quercetin: 1.57mg, Quercetin: 1.57mg

Nutrients (% of daily need)

Calories: 146.56kcal (7.33%), Fat: 0.41g (0.63%), Saturated Fat: 0.04g (0.26%), Carbohydrates: 37.39g (12.46%), Net Carbohydrates: 35.28g (12.83%), Sugar: 33.54g (37.27%), Cholesterol: 0mg (0%), Sodium: 3.79mg (0.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.4g (0.8%), Vitamin C: 7.17mg (8.68%), Fiber: 2.11g (8.45%), Vitamin K: 5.84µg (5.56%), Copper: 0.07mg (3.48%), Manganese: 0.07mg (3.29%), Calcium: 22.74mg (2.27%), Vitamin B6: 0.03mg (1.5%), Magnesium: 5.82mg (1.46%), Folate: 5.62µg (1.41%), Iron: 0.25mg (1.4%), Vitamin E: 0.2mg (1.36%), Potassium: 46.47mg (1.33%), Vitamin B2: 0.02mg (1.11%), Vitamin B3: 0.21mg (1.05%), Vitamin B1: 0.02mg (1.04%), Zinc: 0.15mg (1.02%)