



Chocolate

 Gluten Free

READY IN



495 min.

SERVINGS



8

CALORIES



131 kcal

SIDE DISH

Ingredients

- ☐ 1 avocado pitted peeled halved
- ☐ 1 banana ripe peeled
- ☐ 1 tablespoons up chocolate syrup
- ☐ 0.3 cup cocoa powder
- ☐ 3 tablespoons honey
- ☐ 1 cup evaporated milk low-fat
- ☐ 1 cup milk low-fat
- ☐ 1 teaspoon vanilla extract

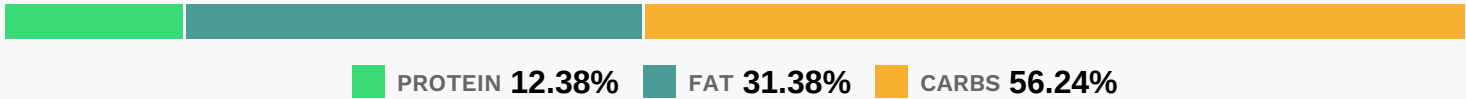
Equipment

☐ blender

Directions

- ☐ To a blender add half the milk, half the evaporated milk, the avocado, banana, honey, cocoa and vanilla. Blend until well combined and smooth, about 30 seconds.
- ☐ Add the remaining milk and evaporated milk and blend for 10 seconds until well incorporated.
- ☐ Drizzle each popsicle mold with 1 teaspoon of chocolate syrup. Divide the milk mixture among the molds, filling each up 1/4-inch from the top. Cover the molds with the lid (insert ice-pop sticks if needed) and freeze overnight. To unmold, dip the mold into warm water for 30 seconds to loosen the ice pops.

Nutrition Facts



Properties

Glycemic Index:18.38, Glycemic Load:5.2, Inflammation Score:-3, Nutrition Score:5.1660869277042%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Catechin: 2.64mg, Catechin: 2.64mg, Catechin: 2.64mg, Catechin: 2.64mg Epicatechin: 5.38mg, Epicatechin: 5.38mg, Epicatechin: 5.38mg, Epicatechin: 5.38mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

Nutrients (% of daily need)

Calories: 131.05kcal (6.55%), Fat: 4.95g (7.62%), Saturated Fat: 0.95g (5.93%), Carbohydrates: 19.97g (6.66%), Net Carbohydrates: 16.83g (6.12%), Sugar: 14.45g (16.05%), Cholesterol: 6.91mg (2.31%), Sodium: 53.58mg (2.33%), Alcohol: 0.17g (100%), Alcohol %: 0.19% (100%), Caffeine: 6.33mg (2.11%), Protein: 4.4g (8.8%), Fiber: 3.14g (12.57%), Manganese: 0.2mg (9.83%), Copper: 0.18mg (8.87%), Potassium: 272.85mg (7.8%), Magnesium: 30.06mg (7.52%), Vitamin B6: 0.14mg (7.09%), Phosphorus: 69.99mg (7%), Folate: 24.96µg (6.24%), Vitamin B2: 0.1mg (5.64%), Calcium: 53.88mg (5.39%), Vitamin K: 5.46µg (5.2%), Vitamin B5: 0.52mg (5.17%), Vitamin C: 3.84mg (4.65%), Vitamin E: 0.54mg (3.63%), Iron: 0.64mg (3.54%), Zinc: 0.53mg (3.53%), Vitamin B3: 0.65mg (3.23%), Vitamin B12: 0.18µg (3%), Vitamin B1: 0.04mg (2.71%), Vitamin D: 0.32µg (2.16%), Vitamin A: 106.18IU (2.12%), Selenium: 1.35µg (1.93%)