

# Crazy Carrot Pops

 Vegetarian  Gluten Free

READY IN



490 min.

SERVINGS



6

CALORIES



90 kcal

## Ingredients

- 12 oz vanilla yogurt french yoplait®
- 2 cups mangos ripe chopped
- 0.5 cup carrot juice
- 1 cup pkt spinach fresh packed

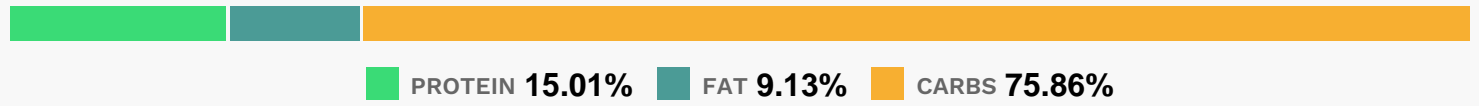
## Equipment

- blender
- aluminum foil

# Directions

- In blender, place yogurt, mango and carrot juice. Cover; blend until smooth. Reserve 1 cup mixture; cover and refrigerate. Divide remaining mixture among 6 (5-oz) paper cups, about 1/3 cup in each. Cover cups with foil; insert craft stick into center of each pop. (Or fill ice pop molds according to manufacturer's directions.) Freeze about 2 hours or until frozen.
- In blender, place reserved mango mixture and spinach. Cover; blend until smooth. When first layer is frozen, remove foil from pops.
- Pour about 3 tablespoons spinach mixture in each cup over frozen layer. Return foil to pops to support sticks. Freeze about 6 hours or until frozen.

# Nutrition Facts



# Properties

Glycemic Index:21.13, Glycemic Load:4.55, Inflammation Score:-10, Nutrition Score:11.371304273605%

# Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.95mg, Catechin: 0.95mg, Catechin: 0.95mg, Catechin: 0.95mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

# Nutrients (% of daily need)

Calories: 90.21kcal (4.51%), Fat: 0.97g (1.49%), Saturated Fat: 0.52g (3.23%), Carbohydrates: 18.08g (6.03%), Net Carbohydrates: 16.93g (6.16%), Sugar: 16.15g (17.94%), Cholesterol: 2.84mg (0.94%), Sodium: 54.9mg (2.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.58g (7.15%), Vitamin A: 4849.38IU (96.99%), Vitamin C: 23.55mg (28.55%), Vitamin K: 29.57µg (28.16%), Calcium: 112.68mg (11.27%), Folate: 40.37µg (10.09%), Phosphorus: 94.95mg (9.5%), Vitamin B2: 0.16mg (9.13%), Potassium: 301.9mg (8.63%), Vitamin B6: 0.14mg (7.17%), Vitamin E: 0.84mg (5.57%), Manganese: 0.11mg (5.37%), Magnesium: 21.28mg (5.32%), Vitamin B12: 0.3µg (5.01%), Vitamin B5: 0.47mg (4.69%), Selenium: 3.28µg (4.68%), Fiber: 1.15g (4.59%), Copper: 0.08mg (4.2%), Vitamin B1: 0.06mg (4.08%), Zinc: 0.58mg (3.88%), Vitamin B3: 0.54mg (2.7%), Iron: 0.35mg (1.96%)