



Creamy Biscoff Ice Pops

 Gluten Free

READY IN



45 min.

SERVINGS



3

CALORIES



312 kcal

Ingredients

- ☐ 0.5 cup biscoff spread
- ☐ 2 tbsp condensed milk
- ☐ 0.3 cup milk
- ☐ 0.5 cup nonfat chobani greek yogurt plain

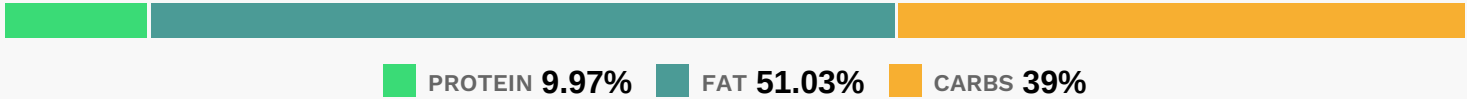
Equipment

- ☐ blender

Directions

- ☐ Blend all ingredients in blender until smooth. Batter will be quite thick. Scoop into ice molds. Tap bottom of molds against hard surface so that the batter completely settles in and freeze for several hours or overnight to set.
- ☐ Remove according to manufacturer instructions.

Nutrition Facts



Properties

Glycemic Index:33, Glycemic Load:4.79, Inflammation Score:-1, Nutrition Score:2.912173902211%

Nutrients (% of daily need)

Calories: 311.92kcal (15.6%), Fat: 17.71g (27.24%), Saturated Fat: 5.09g (31.81%), Carbohydrates: 30.44g (10.15%), Net Carbohydrates: 30.44g (11.07%), Sugar: 22.46g (24.96%), Cholesterol: 8.64mg (2.88%), Sodium: 36.66mg (1.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.78g (15.56%), Vitamin B2: 0.18mg (10.42%), Calcium: 99.88mg (9.99%), Phosphorus: 99.6mg (9.96%), Selenium: 5.66µg (8.09%), Vitamin B12: 0.4µg (6.7%), Potassium: 126.97mg (3.63%), Vitamin B5: 0.29mg (2.86%), Zinc: 0.39mg (2.57%), Magnesium: 9.57mg (2.39%), Vitamin B1: 0.03mg (2.05%), Vitamin B6: 0.04mg (2.03%), Vitamin D: 0.25µg (1.67%), Vitamin A: 69.87IU (1.4%)