



## Creamy Frozen Fruit Pops

 Vegetarian  Gluten Free

READY IN



255 min.

SERVINGS



15

CALORIES



36 kcal

DESSERT

### Ingredients

- 2 tablespoons buttermilk
- 0.3 cup honey
- 1 tablespoon juice of lemon fresh
- 7 oz greek yogurt plain low-fat
- 1.3 cups raspberries frozen
- 1.3 cups strawberries fresh sliced
- 0.1 teaspoon salt

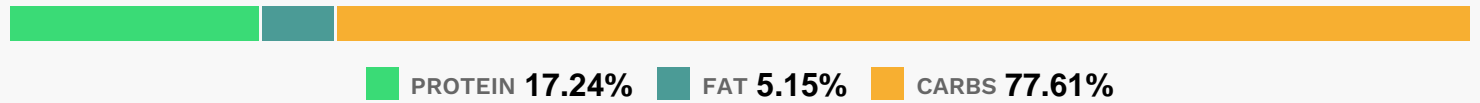
### Equipment

food processor

## Directions

- Process raspberries, strawberries, honey, lemon juice, and salt in a food processor until smooth. Stir together yogurt and buttermilk. Fold yogurt mixture into berry mixture.
- Pour into 10 (2-oz.) pop molds. Top with lids; insert craft sticks, leaving 1 1/2 to 2 inches sticking out of pop. Freeze 4 hours or until sticks are solidly anchored and pops are completely frozen.

## Nutrition Facts



## Properties

Glycemic Index:9.95, Glycemic Load:2.87, Inflammation Score:-1, Nutrition Score:2.0234782475492%

## Flavonoids

Cyanidin: 4.78mg, Cyanidin: 4.78mg, Cyanidin: 4.78mg, Cyanidin: 4.78mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 3.08mg, Pelargonidin: 3.08mg, Pelargonidin: 3.08mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 0.5mg, Catechin: 0.5mg, Catechin: 0.5mg, Catechin: 0.5mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 0.4mg, Epicatechin: 0.4mg, Epicatechin: 0.4mg, Epicatechin: 0.4mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

## Nutrients (% of daily need)

Calories: 35.75kcal (1.79%), Fat: 0.22g (0.34%), Saturated Fat: 0.06g (0.35%), Carbohydrates: 7.42g (2.47%), Net Carbohydrates: 6.51g (2.37%), Sugar: 6.22g (6.91%), Cholesterol: 0.88mg (0.29%), Sodium: 26.7mg (1.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.65g (3.3%), Vitamin C: 10.09mg (12.23%), Manganese: 0.12mg (5.96%), Fiber: 0.9g (3.62%), Vitamin B2: 0.05mg (2.9%), Phosphorus: 25.78mg (2.58%), Calcium: 21.82mg (2.18%), Selenium: 1.5µg (2.14%), Vitamin B12: 0.1µg (1.7%), Potassium: 58.79mg (1.68%), Folate: 6.32µg (1.58%), Magnesium: 5.59mg (1.4%), Vitamin B6: 0.02mg (1.11%), Vitamin B5: 0.1mg (1.04%)