



Creamy Juice Pops

 **Gluten Free**  **Dairy Free**

READY IN



310 min.

SERVINGS



6

CALORIES



115 kcal

DESSERT

Ingredients

- 0.3 cup apple juice cold
- 0.7 cup apple juice boiling
- 6 servings ice cubes
- 1 pkg jell-o strawberry flavor gelatin (4-serving size)
- 2 Tbsp sugar
- 1 cup cool whip whipped topping thawed

Equipment

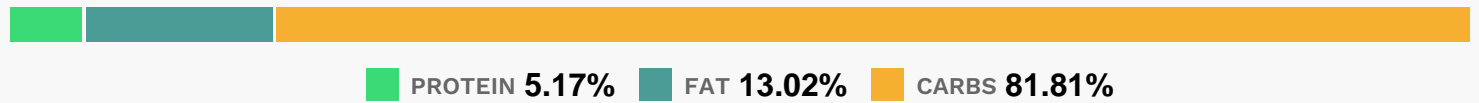
- bowl

whisk

Directions

- Stir boiling juice into combined dry gelatin mix and sugar in medium bowl at least 2 min. until gelatin is completely dissolved.
- Add enough ice to cold juice to measure 2/3 cup.
- Add to gelatin; stir until slightly thickened.
- Remove and discard any unmelted ice.
- Add whipped topping to gelatin mixture; stir with wire whisk until well blended.
- Pour evenly into 6 (5-oz.) paper or plastic cups. Insert a wooden pop stick into each cup for handle.
- Freeze 5 hours or until firm. To remove pop from cup, place bottom of cup under warm running water for 15 sec. Press firmly on bottom of cup to release pop. (Do not twist or pull pop stick.) Cover and store leftover pops in freezer.

Nutrition Facts



Properties

Glycemic Index:25.27, Glycemic Load:4.51, Inflammation Score:-1, Nutrition Score:0.78000000054422%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Catechin: 0.47mg, Catechin: 0.47mg, Catechin: 0.47mg, Catechin: 0.47mg Epicatechin: 1.78mg, Epicatechin: 1.78mg, Epicatechin: 1.78mg, Epicatechin: 1.78mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 114.8kcal (5.74%), Fat: 1.7g (2.61%), Saturated Fat: 1.42g (8.88%), Carbohydrates: 24.04g (8.01%), Net Carbohydrates: 23.96g (8.71%), Sugar: 22.78g (25.31%), Cholesterol: 0.25mg (0.08%), Sodium: 79.37mg (3.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.52g (3.04%), Phosphorus: 31.88mg (3.19%), Selenium: 1.31µg (1.87%), Copper: 0.03mg (1.59%), Manganese: 0.03mg (1.49%), Potassium: 51.96mg (1.48%), Vitamin B2: 0.02mg (1.43%), Calcium: 14.05mg (1.41%)