



Creamy Pineapple Pops

 Gluten Free

READY IN



10 min.

SERVINGS



6

CALORIES



975 kcal

DESSERT

Ingredients

- 15.3 ounce pineapple crushed undrained canned
- 6 wooden sticks
- 3 tablespoons honey
- 36 ounce paper cups
- 8 ounce carton pineapple yogurt low-fat

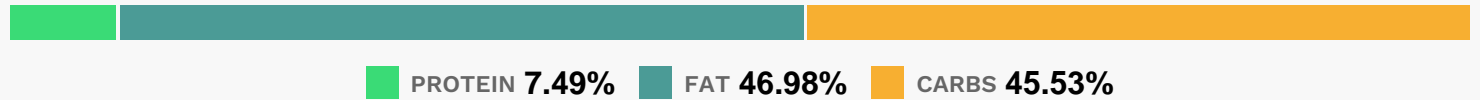
Equipment

- bowl
- aluminum foil

Directions

- Combine first 3 ingredients in a small bowl. Stir in mint, if desired.
- Spoon pineapple mixture evenly into paper cups. Cover tops of cups with aluminum foil, and insert a wooden stick through foil into center of each cup. Freeze until firm. To serve, remove aluminum foil; peel cup from pop.

Nutrition Facts



Properties

Glycemic Index:17.21, Glycemic Load:4.86, Inflammation Score:-6, Nutrition Score:15.105217423128%

Flavonoids

Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 974.77kcal (48.74%), Fat: 53.19g (81.84%), Saturated Fat: 19g (118.75%), Carbohydrates: 115.98g (38.66%), Net Carbohydrates: 108.83g (39.58%), Sugar: 101g (112.22%), Cholesterol: 15.12mg (5.04%), Sodium: 628.97mg (27.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 11.91mg (3.97%), Protein: 19.09g (38.18%), Vitamin B3: 7.9mg (39.48%), Phosphorus: 316.19mg (31.62%), Magnesium: 121.45mg (30.36%), Fiber: 7.15g (28.58%), Copper: 0.49mg (24.7%), Vitamin B1: 0.36mg (23.83%), Folate: 92.95µg (23.24%), Potassium: 747.23mg (21.35%), Calcium: 192.17mg (19.22%), Zinc: 2.5mg (16.67%), Vitamin B2: 0.26mg (15.42%), Iron: 2.33mg (12.95%), Vitamin B5: 1.22mg (12.19%), Vitamin B6: 0.24mg (12.09%), Vitamin B12: 0.58µg (9.7%), Vitamin C: 7.65mg (9.27%), Selenium: 3.6µg (5.14%), Vitamin K: 5.15µg (4.91%), Vitamin A: 186.66IU (3.73%), Vitamin E: 0.3mg (2.02%)