



Creamy Raspberry Ice Pops

 Gluten Free

READY IN



195 min.

SERVINGS



10

CALORIES



97 kcal

Ingredients

- 0.5 cup skim milk fat free
- 1 ounce vanilla pudding mix sugar-free instant
- 1 cup raspberries fresh
- 2 cups pineapple sherbet softened
- 2 cups non-dairy whipped topping frozen thawed reduced-fat

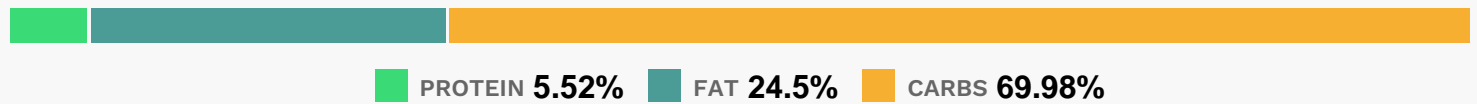
Equipment

- bowl
- blender
- hand mixer

Directions

- Pour 1 cup of milk into a bowl, and stir in pudding mix. Beat with an electric mixer about 2 minutes until thickened.
- Place the remaining milk and raspberries into a blender and puree until smooth.
- Pour the raspberry puree into the pudding, and add the whipped topping. Stir together until incorporated. Stir in the softened sherbet. You may either mix it in completely, or leave it swirled.
- Divide this mixture evenly among 10 molds or small plastic cups.
- Place a wooden craft stick into each, and freeze for at least 3 hours.

Nutrition Facts



Properties

Glycemic Index:11.02, Glycemic Load:4.76, Inflammation Score:-1, Nutrition Score:2.0760869306067%

Flavonoids

Cyanidin: 5.49mg, Cyanidin: 5.49mg, Cyanidin: 5.49mg, Cyanidin: 5.49mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 0.16mg, Delphinidin: 0.16mg, Delphinidin: 0.16mg, Delphinidin: 0.16mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 0.12mg, Pelargonidin: 0.12mg, Pelargonidin: 0.12mg, Pelargonidin: 0.12mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.42mg, Epicatechin: 0.42mg, Epicatechin: 0.42mg, Epicatechin: 0.42mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 96.75kcal (4.84%), Fat: 2.64g (4.07%), Saturated Fat: 2.05g (12.79%), Carbohydrates: 17g (5.67%), Net Carbohydrates: 15.83g (5.76%), Sugar: 11.88g (13.2%), Cholesterol: 0.96mg (0.32%), Sodium: 151.06mg (6.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.34g (2.68%), Fiber: 1.16g (4.66%), Vitamin C: 3.82mg (4.64%), Calcium: 45.8mg (4.58%), Manganese: 0.08mg (4.2%), Phosphorus: 39.53mg (3.95%), Vitamin B2: 0.06mg (3.7%), Potassium: 82.14mg (2.35%), Vitamin B12: 0.14µg (2.33%), Magnesium: 7.53mg (1.88%), Zinc: 0.26mg (1.75%), Selenium: 1.07µg (1.53%), Vitamin B5: 0.15mg (1.5%), Vitamin B1: 0.02mg (1.45%), Vitamin K: 1.42µg (1.35%), Vitamin

E: 0.18mg (1.22%), Vitamin B6: 0.02mg (1.18%), Folate: 4.4µg (1.1%), Vitamin A: 53.67IU (1.07%), Copper: 0.02mg (1.04%)