



Dairy-Free Strawberry Smoothie Pops



Vegetarian



Gluten Free



Popular

READY IN



15 min.

SERVINGS



6

CALORIES



104 kcal

Ingredients

- ☐ 1 apples frozen cored peeled sliced
- ☐ 1 cup apple juice
- ☐ 1 banana frozen sliced
- ☐ 6 ounces dairy-free vanilla yogurt (almond, coconut, or soy – your choice!)
- ☐ 1 pint strawberries frozen hulled sliced
- ☐ 1 teaspoon vanilla extract

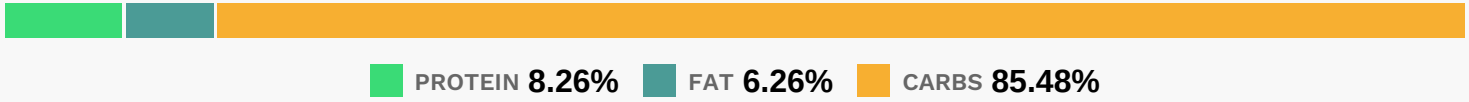
Equipment

- ☐ blender

Directions

- ☐ Put all ingredients in a blender and process until smooth.
- ☐ Pour into ice pop forms or paper cups.
- ☐ Place ice pop sticks in center and freeze, inverted, for 3 hours or until solid.Keep frozen until ready to serve.If the pops stick, run a little hot water over the molds until they slide out.

Nutrition Facts



Properties

Glycemic Index:27.92, Glycemic Load:6.94, Inflammation Score:-4, Nutrition Score:7.4091304903445%

Flavonoids

Cyanidin: 1.81mg, Cyanidin: 1.81mg, Cyanidin: 1.81mg, Cyanidin: 1.81mg Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg Delphinidin: 0.24mg, Delphinidin: 0.24mg, Delphinidin: 0.24mg, Delphinidin: 0.24mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 19.6mg, Pelargonidin: 19.6mg, Pelargonidin: 19.6mg, Pelargonidin: 19.6mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 4.56mg, Catechin: 4.56mg, Catechin: 4.56mg, Catechin: 4.56mg Epigallocatechin: 0.69mg, Epigallocatechin: 0.69mg, Epigallocatechin: 0.69mg, Epigallocatechin: 0.69mg Epicatechin: 4.57mg, Epicatechin: 4.57mg, Epicatechin: 4.57mg, Epicatechin: 4.57mg Epicatechin 3-gallate: 0.12mg, Epicatechin 3-gallate: 0.12mg, Epicatechin 3-gallate: 0.12mg, Epicatechin 3-gallate: 0.12mg Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.34mg, Quercetin: 2.34mg, Quercetin: 2.34mg, Quercetin: 2.34mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 103.54kcal (5.18%), Fat: 0.76g (1.17%), Saturated Fat: 0.28g (1.75%), Carbohydrates: 23.39g (7.8%), Net Carbohydrates: 20.49g (7.45%), Sugar: 17.38g (19.31%), Cholesterol: 1.42mg (0.47%), Sodium: 21.71mg (0.94%), Alcohol: 0.23g (100%), Alcohol %: 0.15% (100%), Protein: 2.26g (4.52%), Vitamin C: 50.08mg (60.7%), Manganese: 0.4mg (20.07%), Fiber: 2.9g (11.6%), Potassium: 328.34mg (9.38%), Vitamin B6: 0.14mg (7.1%), Phosphorus: 67.8mg (6.78%), Calcium: 67.28mg (6.73%), Folate: 26.89µg (6.72%), Vitamin B2: 0.1mg (6.13%), Magnesium: 23.76mg (5.94%), Vitamin B5: 0.36mg (3.6%), Copper: 0.07mg (3.53%), Vitamin B1: 0.05mg (3.39%), Selenium: 1.94µg (2.78%), Iron: 0.48mg (2.67%), Zinc: 0.4mg (2.64%), Vitamin B3: 0.53mg (2.63%), Vitamin B12: 0.15µg (2.5%),

Vitamin K: 2.53μg (2.41%), Vitamin E: 0.31mg (2.09%), Vitamin A: 51.03IU (1.02%)