



Honeydew Melon Ice Pops

 Vegetarian  Gluten Free

READY IN



380 min.

SERVINGS



6

CALORIES



294 kcal

DESSERT

Ingredients

- 0.5 cup granulated sugar
- 1 cup cup heavy whipping cream
- 3.5 pound wedges honeydew melon ripe
- 0.3 teaspoon salt fine

Equipment

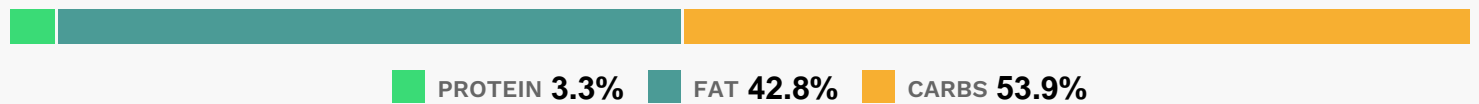
- bowl
- whisk
- sieve

blender

Directions

- Set a fine-mesh strainer over a large bowl; set aside.
- Cut the melon into 1-1/2-inch chunks.
- Place in a blender, add the salt, and blend on high until very smooth, about 1 to 2 minutes.
- Pour through the strainer and let sit until the excess juice has drained, about 5 minutes. Discard the excess juice, or reserve for another use.
- Transfer the drained melon purée to a medium bowl, add the sugar, and whisk until the sugar has dissolved.
- Add the cream and whisk until just combined. Divide the mixture among the pop molds and freeze until solid, at least 6 hours.

Nutrition Facts



Properties

Glycemic Index:11.68, Glycemic Load:11.64, Inflammation Score:-6, Nutrition Score:8.6439131031866%

Flavonoids

Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg

Nutrients (% of daily need)

Calories: 294.29kcal (14.71%), Fat: 14.74g (22.68%), Saturated Fat: 9.22g (57.65%), Carbohydrates: 41.78g (13.93%), Net Carbohydrates: 39.66g (14.42%), Sugar: 39.28g (43.64%), Cholesterol: 44.82mg (14.94%), Sodium: 155.4mg (6.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.56g (5.11%), Vitamin C: 47.87mg (58.02%), Potassium: 641.31mg (18.32%), Vitamin A: 715.4IU (14.31%), Folate: 51.86µg (12.96%), Vitamin B6: 0.25mg (12.34%), Vitamin K: 8.94µg (8.52%), Fiber: 2.12g (8.47%), Magnesium: 29.24mg (7.31%), Vitamin B1: 0.11mg (7.23%), Vitamin B2: 0.11mg (6.44%), Vitamin B3: 1.13mg (5.66%), Phosphorus: 52.11mg (5.21%), Vitamin B5: 0.51mg (5.11%), Selenium: 3.14µg (4.49%), Vitamin D: 0.63µg (4.23%), Calcium: 42.28mg (4.23%), Manganese: 0.07mg (3.64%), Copper: 0.07mg (3.46%), Vitamin E: 0.42mg (2.79%), Iron: 0.5mg (2.77%), Zinc: 0.34mg (2.24%), Vitamin B12: 0.06µg (1.06%)