



Strawberry-Peach Pops

 Gluten Free  Dairy Free

READY IN



145 min.

SERVINGS



10

CALORIES



123 kcal

DESSERT

Ingredients

- 10 celery stalks (with round ends)
- 2 tablespoons honey
- 10 peanut butter cups (3-oz size)
- 6 oz peaches (fat free 99% yoplait®)
- 1 cup soymilk
- 1 cup strawberries (frozen organic cascadian farm®)

Equipment

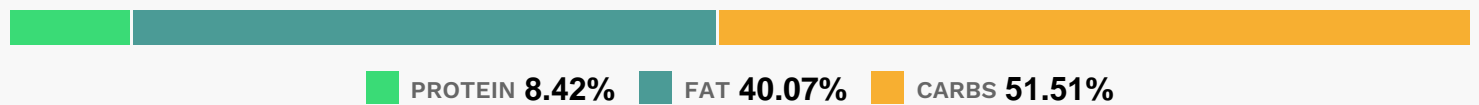
- food processor

blender

Directions

- Place soymilk, strawberries, yogurt and honey in blender or food processor. Cover; blend on high speed about 1 minute or until smooth.
- Fill each cup with about 1/4 cup yogurt mixture.
- Place cups in freezer until partially frozen, about 45 minutes.
- Insert sticks; freeze until firm, about 1 hour 30 minutes. To serve, remove cups.

Nutrition Facts



Properties

Glycemic Index:19.79, Glycemic Load:2.98, Inflammation Score:-3, Nutrition Score:4.1860869449118%

Flavonoids

Cyanidin: 0.57mg, Cyanidin: 0.57mg, Cyanidin: 0.57mg, Cyanidin: 0.57mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg Pelargonidin: 3.58mg, Pelargonidin: 3.58mg, Pelargonidin: 3.58mg, Pelargonidin: 3.58mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 1.28mg, Catechin: 1.28mg, Catechin: 1.28mg, Catechin: 1.28mg Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg Epicatechin: 0.46mg, Epicatechin: 0.46mg, Epicatechin: 0.46mg, Epicatechin: 0.46mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg 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: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 123.25kcal (6.16%), Fat: 5.75g (8.85%), Saturated Fat: 1.87g (11.72%), Carbohydrates: 16.64g (5.55%), Net Carbohydrates: 15.31g (5.57%), Sugar: 14.25g (15.84%), Cholesterol: 1.02mg (0.34%), Sodium: 78.21mg (3.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.72g (5.44%), Vitamin C: 11.06mg (13.41%), Vitamin B3: 1.75mg (8.75%), Folate: 22.05µg (5.51%), Vitamin E: 0.8mg (5.31%), Fiber: 1.32g (5.29%), Calcium: 51.14mg (5.11%), Vitamin B12: 0.3µg (4.98%), Copper: 0.09mg (4.65%), Vitamin B2: 0.08mg (4.59%), Vitamin B6: 0.09mg (4.35%), Potassium: 146.95mg (4.2%), Manganese: 0.07mg (3.67%), Magnesium: 14.3mg (3.57%), Phosphorus: 35.7mg

(3.57%), Vitamin A: 177.41IU (3.55%), Vitamin B1: 0.05mg (3.35%), Iron: 0.46mg (2.58%), Zinc: 0.35mg (2.32%),
Vitamin K: 2.34µg (2.23%), Vitamin D: 0.28µg (1.89%), Selenium: 1.25µg (1.78%), Vitamin B5: 0.16mg (1.62%)