



Fresh Fruit Frozen Yogurt Pops



Vegetarian



Gluten Free

READY IN



370 min.

SERVINGS



6

CALORIES



87 kcal

DESSERT

Ingredients

- ☐ 12 oz vanilla yogurt french yoplait®
- ☐ 2 cups blueberries fresh
- ☐ 1 tablespoon honey

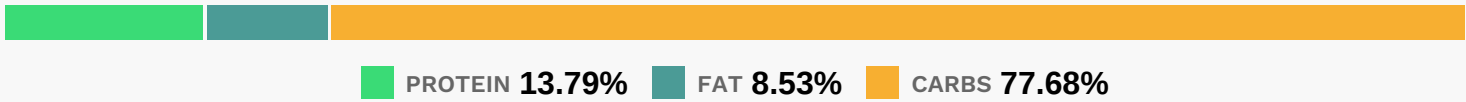
Equipment

- ☐ blender
- ☐ aluminum foil

Directions

- ☐ In blender, place all ingredients. Cover; blend until smooth.
- ☐ Divide mixture among 6 (5-oz) paper cups. Cover cups with foil; insert craft stick into center of each pop. (Or fill ice pop molds according to manufacturer's directions.) Freeze about 6 hours or until frozen.

Nutrition Facts



Properties

Glycemic Index:15.38, Glycemic Load:3.89, Inflammation Score:-2, Nutrition Score:4.0991304490877%

Flavonoids

Cyanidin: 4.17mg, Cyanidin: 4.17mg, Cyanidin: 4.17mg, Cyanidin: 4.17mg Petunidin: 15.55mg, Petunidin: 15.55mg, Petunidin: 15.55mg, Petunidin: 15.55mg Delphinidin: 17.48mg, Delphinidin: 17.48mg, Delphinidin: 17.48mg, Delphinidin: 17.48mg Malvidin: 33.34mg, Malvidin: 33.34mg, Malvidin: 33.34mg, Malvidin: 33.34mg Peonidin: 10.01mg, Peonidin: 10.01mg, Peonidin: 10.01mg, Peonidin: 10.01mg Catechin: 2.61mg, Catechin: 2.61mg, Catechin: 2.61mg, Catechin: 2.61mg Epigallocatechin: 0.33mg, Epigallocatechin: 0.33mg, Epigallocatechin: 0.33mg, Epigallocatechin: 0.33mg Epicatechin: 0.31mg, Epicatechin: 0.31mg, Epicatechin: 0.31mg, Epicatechin: 0.31mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.82mg, Kaempferol: 0.82mg, Kaempferol: 0.82mg, Kaempferol: 0.82mg Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg Quercetin: 3.78mg, Quercetin: 3.78mg, Quercetin: 3.78mg, Quercetin: 3.78mg Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg

Nutrients (% of daily need)

Calories: 86.95kcal (4.35%), Fat: 0.87g (1.34%), Saturated Fat: 0.47g (2.94%), Carbohydrates: 17.86g (5.95%), Net Carbohydrates: 16.67g (6.06%), Sugar: 15.61g (17.35%), Cholesterol: 2.84mg (0.94%), Sodium: 38.05mg (1.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.17g (6.34%), Calcium: 100.13mg (10.01%), Vitamin K: 9.58µg (9.12%), Manganese: 0.17mg (8.54%), Phosphorus: 82.6mg (8.26%), Vitamin B2: 0.14mg (7.97%), Vitamin C: 5.26mg (6.37%), Vitamin B12: 0.3µg (5.01%), Fiber: 1.19g (4.76%), Potassium: 163.98mg (4.69%), Selenium: 2.86µg (4.08%), Vitamin B5: 0.38mg (3.77%), Zinc: 0.56mg (3.71%), Magnesium: 12.1mg (3.03%), Vitamin B1: 0.04mg (2.8%), Vitamin B6: 0.05mg (2.6%), Folate: 9.27µg (2.32%), Vitamin E: 0.29mg (1.95%), Copper: 0.04mg (1.84%), Vitamin B3: 0.27mg (1.36%), Iron: 0.19mg (1.07%), Vitamin A: 51.02IU (1.02%)