



Frozen Fruit Pops

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



488 kcal

DESSERT

Ingredients

- 1 cup blueberries fresh rinsed drained
- 4 servings blueberry pops
- 0.5 cup pomegranate–blueberry juice concentrate
- 4 sprigs mint leaves fresh
- 0.3 teaspoon thyme leaves fresh
- 0.3 cup honey
- 1 juice of lime
- 4 servings pineapple mint pops

- 0.8 pound pineapple chunks
- 0.3 cup simple syrup glaze
- 0.5 cup simple syrup glaze
- 3 cups strawberries hulled rinsed
- 4 servings strawberry pops

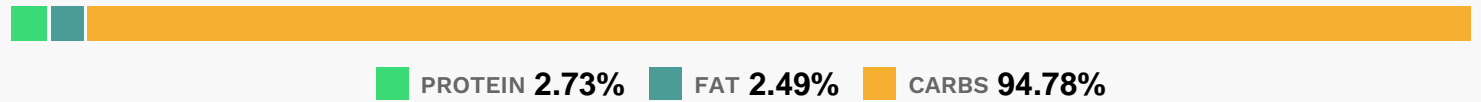
Equipment

- blender

Directions

- Process ingredients in a blender until smooth. Divide evenly among 4 (5-ounce) paper or plastic drink cups, and freeze. After 1 hour, insert a stick into the center of each. Freeze until completely frozen, 2 to 3 hours or overnight.
- Remove from freezer, and let stand at room temperature 2 to 3 minutes.
- Remove cup, and serve immediately.

Nutrition Facts



Properties

Glycemic Index:64.32, Glycemic Load:23.79, Inflammation Score:-9, Nutrition Score:20.693043625873%

Flavonoids

Cyanidin: 19.88mg, Cyanidin: 19.88mg, Cyanidin: 19.88mg, Cyanidin: 19.88mg Petunidin: 58.61mg, Petunidin: 58.61mg, Petunidin: 58.61mg, Petunidin: 58.61mg Delphinidin: 66.33mg, Delphinidin: 66.33mg, Delphinidin: 66.33mg, Delphinidin: 66.33mg Malvidin: 125.07mg, Malvidin: 125.07mg, Malvidin: 125.07mg, Malvidin: 125.07mg Pelargonidin: 62.62mg, Pelargonidin: 62.62mg, Pelargonidin: 62.62mg, Pelargonidin: 62.62mg Peonidin: 37.66mg, Peonidin: 37.66mg, Peonidin: 37.66mg Catechin: 17.62mg, Catechin: 17.62mg, Catechin: 17.62mg, Catechin: 17.62mg Epigallocatechin: 3.19mg, Epigallocatechin: 3.19mg, Epigallocatechin: 3.19mg, Epigallocatechin: 3.19mg Epicatechin: 2.21mg, Epicatechin: 2.21mg, Epicatechin: 2.21mg, Epicatechin: 2.21mg Epicatechin 3-gallate: 0.38mg, Epicatechin 3-gallate: 0.38mg, Epicatechin 3-gallate: 0.38mg, Epicatechin 3-gallate: 0.38mg Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg Eriodictyol: 0.78mg, Eriodictyol: 0.78mg, Eriodictyol: 0.78mg, Eriodictyol: 0.78mg Hesperetin: 0.88mg, Hesperetin: 0.88mg, Hesperetin: 0.88mg, Hesperetin: 0.88mg Naringenin:

0.68mg, Naringenin: 0.68mg, Naringenin: 0.68mg, Naringenin: 0.68mg Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg Kaempferol: 4.33mg, Kaempferol: 4.33mg, Kaempferol: 4.33mg, Kaempferol: 4.33mg Myricetin: 2.51mg, Myricetin: 2.51mg, Myricetin: 2.51mg, Myricetin: 2.51mg Quercetin: 17.02mg, Quercetin: 17.02mg, Quercetin: 17.02mg, Quercetin: 17.02mg Gallocatechin: 0.3mg, Gallocatechin: 0.3mg, Gallocatechin: 0.3mg, Gallocatechin: 0.3mg

Nutrients (% of daily need)

Calories: 488.21kcal (24.41%), Fat: 1.49g (2.29%), Saturated Fat: 0.1g (0.64%), Carbohydrates: 127.29g (42.43%), Net Carbohydrates: 116.46g (42.35%), Sugar: 109.78g (121.98%), Cholesterol: 0mg (0%), Sodium: 51.78mg (2.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.67g (7.34%), Vitamin C: 189.34mg (229.51%), Manganese: 1.64mg (81.91%), Fiber: 10.84g (43.34%), Vitamin K: 41.89µg (39.89%), Iron: 4.52mg (25.13%), Potassium: 734.19mg (20.98%), Vitamin B1: 0.3mg (20.09%), Folate: 79.34µg (19.84%), Copper: 0.35mg (17.35%), Magnesium: 65.76mg (16.44%), Vitamin E: 2.36mg (15.73%), Vitamin B6: 0.29mg (14.47%), Vitamin B2: 0.2mg (11.89%), Vitamin B3: 2.12mg (10.62%), Phosphorus: 97.18mg (9.72%), Calcium: 81.23mg (8.12%), Zinc: 0.93mg (6.21%), Vitamin B5: 0.58mg (5.75%), Vitamin A: 269.09IU (5.38%), Selenium: 2.15µg (3.08%)