



Frozen Lemon Pie Pops



Vegetarian



Gluten Free

READY IN



1500 min.

SERVINGS



16

CALORIES



214 kcal

Ingredients

- ☐ 1 cup cup heavy whipping cream chilled
- ☐ 1 cup juice of lemon fresh (from 7 medium lemons)
- ☐ 2 tablespoons lemon zest fresh grated (from 2 to 3 medium lemons)
- ☐ 28 ounce condensed milk sweetened canned

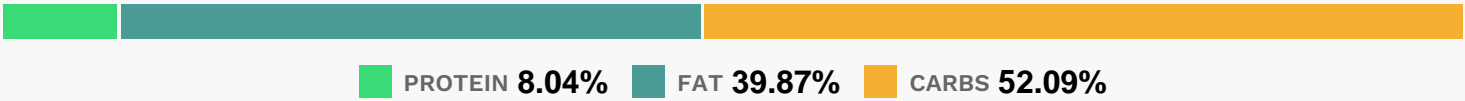
Equipment

- ☐ whisk
- ☐ pot
- ☐ plastic wrap

Directions

- ☐ Whisk together condensed milk, zest, and juice. Beat cream until it just holds stiff peaks, then gently fold into condensed milk mixture.
- ☐ Spoon into ice pop molds, stopping about 1/4 inch from top (filling will expand slightly when frozen). Tap filled molds on counter a couple of times to eliminate any air bubbles.
- ☐ Put cover on molds and insert sticks, making sure they are straight (important for removing top when unmolding). Freeze until completely firm, about 4–5 hours.
- ☐ To unmold, dip molds in a deep container, such as a pot of room-temperature water, letting water come to within 1/4 inch of top of molds, for 30 seconds.
- ☐ Remove cover and pull out pops.
- ☐ Serve immediately or wrap individually in plastic wrap and freeze until ready to serve.
- ☐ Pops can be made 1 week ahead and kept frozen either in molds or wrapped individually in plastic.

Nutrition Facts



Properties

Glycemic Index:3.81, Glycemic Load:16.46, Inflammation Score:-3, Nutrition Score:4.6800000486167%

Flavonoids

Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 213.54kcal (10.68%), Fat: 9.72g (14.96%), Saturated Fat: 6.15g (38.45%), Carbohydrates: 28.58g (9.53%), Net Carbohydrates: 28.46g (10.35%), Sugar: 27.84g (30.93%), Cholesterol: 33.68mg (11.23%), Sodium: 67.22mg (2.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.41g (8.82%), Calcium: 152.63mg (15.26%), Vitamin B2: 0.24mg (13.96%), Phosphorus: 135.46mg (13.55%), Selenium: 7.81µg (11.16%), Vitamin C: 8.25mg (10%), Vitamin A: 352.42IU (7.05%), Potassium: 215.1mg (6.15%), Vitamin B5: 0.43mg (4.32%), Vitamin B12: 0.24µg (4.03%), Magnesium: 14.97mg (3.74%), Vitamin B1: 0.05mg (3.45%), Zinc: 0.51mg (3.41%), Folate: 9.2µg (2.3%), Vitamin D: 0.34µg (2.25%), Vitamin B6: 0.04mg (1.94%), Vitamin E: 0.24mg (1.61%)