



Frozen S'More Pops

 Gluten Free

READY IN



315 min.

SERVINGS



10

CALORIES



75 kcal

Ingredients

- 1 box peach pie filling instant (4-serving size)
- 2 cups milk
- 1 cup marshmallow creme
- 0.3 cup golden beets crushed
- 10 small cocoa mix
- 10 celery stalks (with round ends)

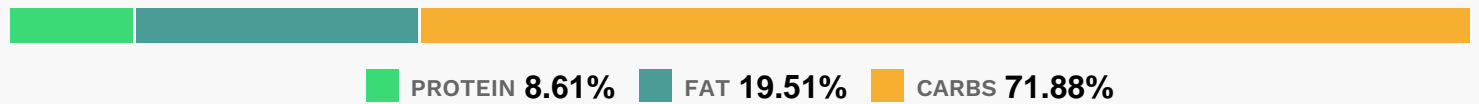
Equipment

- bowl
- aluminum foil

Directions

- Make pudding mix as directed on box using milk. In small bowl, mix marshmallow creme and crushed cereal.
- Into each paper cup, layer 2 tablespoons pudding, 1 tablespoon marshmallow-cereal mixture and 1 more tablespoon pudding.
- Place small piece of foil over top of each cup. Make small slit in center of each piece of foil; insert stick.
- Place cups on tray. Freeze at least 5 hours.
- Tear off paper cups and serve.

Nutrition Facts



Properties

Glycemic Index:13.4, Glycemic Load:1.03, Inflammation Score:-1, Nutrition Score:1.925217381638%

Flavonoids

Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 74.52kcal (3.73%), Fat: 1.72g (2.65%), Saturated Fat: 1.01g (6.31%), Carbohydrates: 14.29g (4.76%), Net Carbohydrates: 14.09g (5.12%), Sugar: 11.06g (12.28%), Cholesterol: 5.86mg (1.95%), Sodium: 32.94mg (1.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.71g (3.43%), Calcium: 63.17mg (6.32%), Phosphorus: 51.62mg (5.16%), Vitamin B12: 0.26µg (4.39%), Vitamin B2: 0.07mg (4.18%), Vitamin D: 0.54µg (3.58%), Potassium: 94.69mg (2.71%), Vitamin A: 98.27IU (1.97%), Vitamin B5: 0.2mg (1.97%), Vitamin B1: 0.03mg (1.95%), Magnesium: 7.08mg (1.77%), Vitamin B6: 0.04mg (1.75%), Zinc: 0.22mg (1.45%), Selenium: 0.97µg (1.38%), Folate: 5.15µg (1.29%), Vitamin K: 1.33µg (1.26%)