



Fruity Lemonade Pops

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



200 min.

SERVINGS



12

CALORIES



58 kcal

Ingredients

- 0.5 cup blueberries
- 2 small kiwi fruit peeled sliced
- 3 oz jell-o lemon flavor gelatin
- 0.3 cup country time lemonade flavor drink mix
- 4 strawberries fresh sliced
- 2 cups water boiling

Equipment

- bowl

Directions

- Add boiling water to gelatin mix in large bowl; stir 2 min. until completely dissolved. Stir in soft drink mix.
- Place fruit in 12 (3-oz.) ice pop molds; pour gelatin mixture over fruit in molds. Insert wooden pop sticks into molds.
- Freeze 3 hours or until firm.

Nutrition Facts

 **PROTEIN 5.15%**  **FAT 2.16%**  **CARBS 92.69%**

Properties

Glycemic Index:11.06, Glycemic Load:1.27, Inflammation Score:-2, Nutrition Score:2.1621739203515%

Flavonoids

Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg Petunidin: 1.95mg, Petunidin: 1.95mg, Petunidin: 1.95mg, Petunidin: 1.95mg Delphinidin: 2.2mg, Delphinidin: 2.2mg, Delphinidin: 2.2mg, Delphinidin: 2.2mg Malvidin: 4.17mg, Malvidin: 4.17mg, Malvidin: 4.17mg, Malvidin: 4.17mg Pelargonidin: 0.99mg, Pelargonidin: 0.99mg, Pelargonidin: 0.99mg, Pelargonidin: 0.99mg Peonidin: 1.25mg, Peonidin: 1.25mg, Peonidin: 1.25mg, Peonidin: 1.25mg Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 57.76kcal (2.89%), Fat: 0.15g (0.23%), Saturated Fat: 0.01g (0.04%), Carbohydrates: 14.15g (4.72%), Net Carbohydrates: 13.45g (4.89%), Sugar: 12.57g (13.97%), Cholesterol: 0mg (0%), Sodium: 38.17mg (1.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.79g (1.57%), Vitamin C: 16.09mg (19.51%), Vitamin K: 7.39µg (7.04%), Magnesium: 15.07mg (3.77%), Fiber: 0.7g (2.8%), Manganese: 0.05mg (2.63%), Copper: 0.04mg (2.12%), Phosphorus: 17.03mg (1.7%), Vitamin E: 0.25mg (1.67%), Folate: 5.76µg (1.44%), Potassium: 48.07mg (1.37%)