

# Fruity Yogurt Ice Pops

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



66 kcal

DESSERT

## Ingredients

- 1 tablespoon honey
- 8 ounces pineapple unsweetened crushed canned
- 2 drops food coloring red
- 16 ounces strawberry yogurt

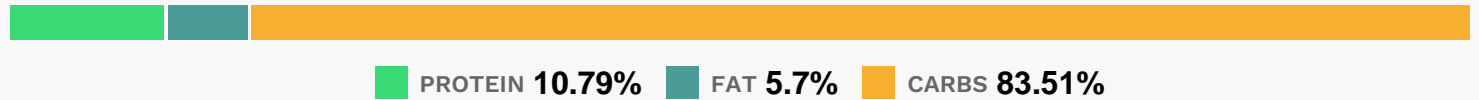
## Equipment

- food processor
- blender

## Directions

- In a food processor or blender, combine the yogurt, pineapple, honey and food coloring if desired; cover and process until smooth.
- Pour 1/4 cupfuls into 10 plastic molds or 3-oz. paper cups; top with holders or insert wooden sticks. Freeze until firm, about 8 hours or overnight.

## Nutrition Facts



## Properties

Glycemic Index:5.23, Glycemic Load:0.9, Inflammation Score:-1, Nutrition Score:1.413043488303%

## Nutrients (% of daily need)

Calories: 66.26kcal (3.31%), Fat: 0.43g (0.67%), Saturated Fat: 0.23g (1.43%), Carbohydrates: 14.29g (4.76%), Net Carbohydrates: 13.85g (5.04%), Sugar: 12.76g (14.18%), Cholesterol: 4.08mg (1.36%), Sodium: 25.26mg (1.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.85g (3.69%), Calcium: 52.74mg (5.27%), Vitamin B2: 0.09mg (5.13%), Vitamin B12: 0.24µg (3.93%), Phosphorus: 37.05mg (3.71%), Potassium: 109.5mg (3.13%), Vitamin C: 2.14mg (2.6%), Fiber: 0.44g (1.74%), Vitamin B1: 0.02mg (1.54%), Copper: 0.03mg (1.25%)