



Fudgy Chocolate-Banana Pops

 **Gluten Free**  **Dairy Free**

READY IN



195 min.

SERVINGS



12

CALORIES



121 kcal

Ingredients

- 2 cups soymilk
- 1 box vanilla pudding instant (4-serving size)
- 2 medium banana ripe mashed
- 1 box peach pie filling instant (4-serving size)
- 12 you will also need: parchment paper (3-oz size)
- 12 celery stalks with round ends)

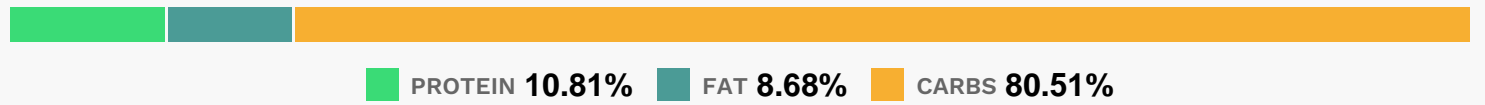
Equipment

- bowl
- whisk

Directions

- In small bowl, gradually add 1 cup of the soymilk to vanilla pudding mix; beat with wire whisk until well blended. Stir in bananas. In another small bowl, gradually add remaining soymilk to chocolate pudding mix; beat with wire whisk until well blended.
- Spoon half of the banana mixture into cups.
- Layer chocolate mixture over banana mixture. Spoon remaining banana mixture into cups; stir slightly to marble. Insert sticks; freeze about 3 hours or overnight until firm. To serve, remove cups.

Nutrition Facts



Properties

Glycemic Index:10.02, Glycemic Load:2.59, Inflammation Score:-3, Nutrition Score:5.4978260501571%

Flavonoids

Catechin: 1.2mg, Catechin: 1.2mg, Catechin: 1.2mg, Catechin: 1.2mg Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 121.46kcal (6.07%), Fat: 1.17g (1.8%), Saturated Fat: 0.16g (1.01%), Carbohydrates: 24.46g (8.15%), Net Carbohydrates: 23.34g (8.49%), Sugar: 9.81g (10.9%), Cholesterol: 1.71mg (0.57%), Sodium: 182.58mg (7.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.28g (6.57%), Vitamin B3: 2.47mg (12.35%), Vitamin B2: 0.17mg (9.87%), Selenium: 6.55µg (9.35%), Manganese: 0.18mg (8.96%), Vitamin B1: 0.13mg (8.66%), Vitamin B6: 0.17mg (8.62%), Folate: 34.3µg (8.57%), Vitamin B12: 0.43µg (7.14%), Vitamin E: 1.02mg (6.81%), Calcium: 66.98mg (6.7%), Vitamin C: 4.67mg (5.66%), Iron: 0.9mg (4.98%), Copper: 0.09mg (4.74%), Fiber: 1.12g (4.49%), Potassium: 153.48mg (4.39%), Vitamin A: 187.81IU (3.76%), Vitamin D: 0.47µg (3.15%), Magnesium: 9.55mg (2.39%), Phosphorus: 20.84mg (2.08%), Zinc: 0.27mg (1.77%), Vitamin K: 1.27µg (1.21%)