



Ginger-Lemonade Ice Pops

 Vegetarian  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



15

CALORIES



37 kcal

DESSERT

Ingredients

- 1 piece ginger fresh peeled
- 0.5 cup mild honey (such as orange blossom or clover)
- 0.7 cup juice of lemon fresh

Equipment

- bowl
- measuring cup

Directions

- Place 10 pop sticks in a bowl of warm water.
- Grate ginger over a bowl, collecting the juice.
- Add honey and 1 cup warm water; stir until honey has dissolved. Stir in another 1 1/4 cups water.
- Place in refrigerator to allow ginger to steep. When mixture is cold, strain into a 4-cup measuring cup. Stir in lemon juice and pour mixture into molds.
- Place lid on top and insert damp pop sticks.
- Place mold in freezer and freeze for 8 to 12 hours.

Nutrition Facts

PROTEIN 0.78% **FAT 0.65%** **CARBS 98.57%**

Properties

Glycemic Index:4.48, Glycemic Load:4.87, Inflammation Score:-1, Nutrition Score:0.44391303873904%

Flavonoids

Eriodictyol: 0.53mg, Eriodictyol: 0.53mg, Eriodictyol: 0.53mg, Eriodictyol: 0.53mg Hesperetin: 1.57mg, Hesperetin: 1.57mg, Hesperetin: 1.57mg, Hesperetin: 1.57mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 37.11kcal (1.86%), Fat: 0.03g (0.05%), Saturated Fat: 0.01g (0.03%), Carbohydrates: 10.14g (3.38%), Net Carbohydrates: 10.08g (3.66%), Sugar: 9.56g (10.62%), Cholesterol: 0mg (0%), Sodium: 0.62mg (0.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.08g (0.16%), Vitamin C: 4.28mg (5.18%)