



## Gingery Watermelon Paletas

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



47 kcal

SIDE DISH

### Ingredients

- 0.3 cup greek yogurt plain whole 2%
- 1 pinch kosher salt
- 1 tablespoon juice of lime fresh ()
- 0.3 cup sugar ()
- 4 cups seeded/seedless watermelon seedless cubed (from half a 5-pound watermelon)

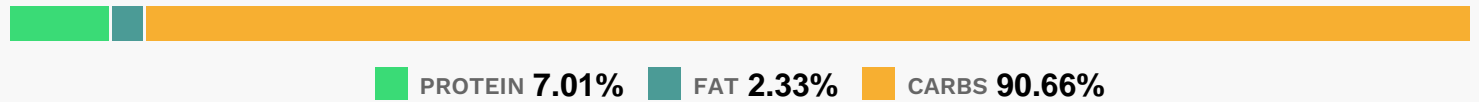
### Equipment

- blender

# Directions

- Purée watermelon, yogurt, ginger, salt, 1/3 cup sugar, and 1 tablespoon lime juice in a blender until smooth.
- Add more sugar and lime juice, if desired. (Purée will taste less sweet once frozen, so err on the sweet side.)
- Divide purée among ice-pop molds. Freeze until mixture begins to set around edges of molds, 45–60 minutes. Stir mixture in molds to blend; insert sticks. Freeze until solid, at least 4 hours. Dip molds briefly in hot water to release paletas.
- DO AHEAD: Paletas can be made 1 week ahead. Keep frozen.

# Nutrition Facts



# Properties

Glycemic Index:14.48, Glycemic Load:7.9, Inflammation Score:-3, Nutrition Score:1.4830434941079%

# Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

# Nutrients (% of daily need)

Calories: 47.33kcal (2.37%), Fat: 0.13g (0.2%), Saturated Fat: 0.02g (0.1%), Carbohydrates: 11.54g (3.85%), Net Carbohydrates: 11.29g (4.11%), Sugar: 10.61g (11.79%), Cholesterol: 0.25mg (0.08%), Sodium: 6.38mg (0.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.89g (1.78%), Vitamin A: 346.9IU (6.94%), Vitamin C: 5.37mg (6.51%), Potassium: 77.04mg (2.2%), Magnesium: 6.75mg (1.69%), Vitamin B2: 0.03mg (1.67%), Vitamin B6: 0.03mg (1.56%), Vitamin B5: 0.15mg (1.53%), Vitamin B1: 0.02mg (1.44%), Phosphorus: 13.7mg (1.37%), Copper: 0.03mg (1.36%), Manganese: 0.02mg (1.21%), Selenium: 0.78µg (1.11%), Calcium: 10.09mg (1.01%)