



Gingery Watermelon Paletas



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



47 kcal

SIDE DISH

Ingredients

- ☐ 1 teaspoon ginger finely grated peeled
- ☐ 0.3 cup greek yogurt plain whole 2%
- ☐ 1 pinch kosher salt
- ☐ 1 tablespoon juice of lime fresh ()
- ☐ 0.3 cup sugar ()
- ☐ 4 cups watermelon seedless cubed (from half a 5-pound watermelon)

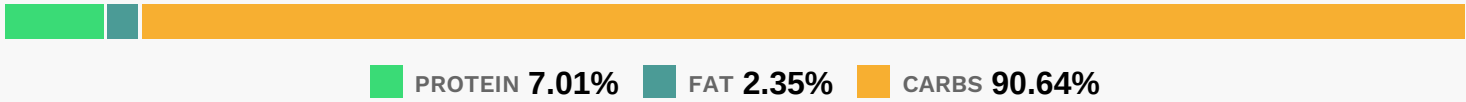
Equipment

- ☐ 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:15.98, Glycemic Load:7.9, Inflammation Score:-3, Nutrition Score:1.4908695813754%

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: 47.49kcal (2.37%), Fat: 0.13g (0.21%), Saturated Fat: 0.02g (0.1%), Carbohydrates: 11.57g (3.86%), Net Carbohydrates: 11.32g (4.12%), Sugar: 10.62g (11.79%), Cholesterol: 0.25mg (0.08%), Sodium: 6.41mg (0.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.9g (1.79%), Vitamin A: 346.9IU (6.94%), Vitamin C: 5.38mg (6.53%), Potassium: 77.87mg (2.22%), Magnesium: 6.84mg (1.71%), Vitamin B2: 0.03mg (1.67%), Vitamin B6: 0.03mg (1.57%), Vitamin B5: 0.15mg (1.53%), Vitamin B1: 0.02mg (1.44%), Copper: 0.03mg (1.39%), Phosphorus: 13.77mg (1.38%), Manganese: 0.02mg (1.23%), Selenium: 0.78µg (1.12%), Calcium: 10.12mg (1.01%), Fiber: 0.25g (1.01%)