



Green Monster Ice Pops

 Gluten Free  Dairy Free

READY IN



180 min.

SERVINGS



6

CALORIES



109 kcal

DESSERT

Ingredients

- 1.5 cup vanilla almond milk unsweetened
- 1 avocado
- 2 cups baby spinach
- 1 banana
- 1 tablespoon honey
- 1 cup mangos fresh

Equipment

- blender

popsicle sticks

Directions

- Place all ingredients into a blender and mix well. Taste the smoothie. If you find that it is not sweet enough, add 1 to 2 tablespoons of maple syrup or honey into the smoothie and blend.
- Pour smoothie into the ice pop molds. Insert a wooden popsicle stick into the mold, leaving about a quarter of the stick above the mold.
- Place the molds into the freezer for 2–3 hours to let freeze before serving.

Nutrition Facts

PROTEIN 5.75% **FAT 44.24%** **CARBS 50.01%**

Properties

Glycemic Index:38.47, Glycemic Load:5.88, Inflammation Score:-8, Nutrition Score:9.574347826087%

Flavonoids

Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 1.67mg, Catechin: 1.67mg, Catechin: 1.67mg, Catechin: 1.67mg Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.67mg, Kaempferol: 0.67mg, Kaempferol: 0.67mg, Kaempferol: 0.67mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Taste

Sweetness: 100%, Saltiness: 1.77%, Sourness: 35.67%, Bitterness: 25.71%, Savoriness: 4.01%, Fattiness: 61.64%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 109.29kcal (5.46%), Fat: 5.88g (9.05%), Saturated Fat: 0.77g (4.79%), Carbohydrates: 14.96g (4.99%), Net Carbohydrates: 11.35g (4.13%), Sugar: 9.37g (10.41%), Cholesterol: 0mg (0%), Sodium: 92.11mg (4%), Protein: 1.72g (3.44%), Vitamin K: 56.59µg (53.89%), Vitamin A: 1296.75IU (25.93%), Vitamin C: 17.9mg (21.7%), Folate: 62.36µg (15.59%), Fiber: 3.61g (14.44%), Vitamin B6: 0.21mg (10.57%), Manganese: 0.21mg (10.52%), Potassium: 336.7mg (9.62%), Calcium: 93.14mg (9.31%), Vitamin E: 1.16mg (7.76%), Magnesium: 25.75mg (6.44%), Copper: 0.12mg (6.19%), Vitamin B5: 0.59mg (5.94%), Vitamin B2: 0.09mg (5.21%), Vitamin B3: 0.97mg (4.87%), Iron: 0.57mg (3.14%), Phosphorus: 30.64mg (3.06%), Vitamin B1: 0.04mg (2.94%), Zinc: 0.33mg (2.2%)