



Homemade Ice Pops

 Vegetarian

READY IN



95 min.

SERVINGS



22

CALORIES



47 kcal

DESSERT

Ingredients

- 3 ounce fruit jell-o® mix flavored
- 1 drink mix package unsweetened soft flavored
- 1 cup water boiling
- 1 cup sugar white

Equipment

Directions

- In large pitcher, combine gelatin, soft drink mix, sugar and boiling water. Stir until powders are dissolved.
- Add enough cold water to make 2 quarts.
- Pour into 3 oz. paper drinking cups and freeze until hardened.

Nutrition Facts

PROTEIN 0.15% **FAT 0.62%** **CARBS 99.23%**

Properties

Glycemic Index:3.19, Glycemic Load:6.35, Inflammation Score:1, Nutrition Score:0.10695652048225%

Nutrients (% of daily need)

Calories: 46.83kcal (2.34%), Fat: 0.03g (0.05%), Saturated Fat: 0g (0.01%), Carbohydrates: 11.98g (3.99%), Net Carbohydrates: 11.82g (4.3%), Sugar: 10.95g (12.16%), Cholesterol: 0.01mg (0%), Sodium: 3.05mg (0.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.02g (0.04%)