



Honeydew-Lime Pops



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



89 kcal

DESSERT

Ingredients

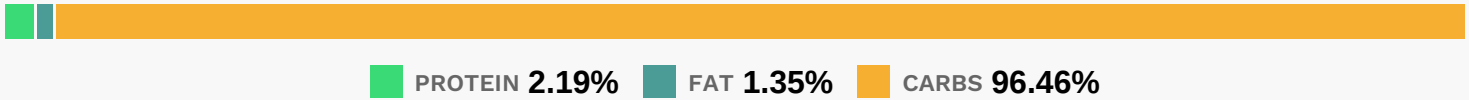
- ☐ 0.3 cup honey
- ☐ 0.3 cup juice of lime fresh
- ☐ 0.3 cup sugar
- ☐ 4 cups wedges honeydew melon peeled

Equipment

Directions

- ☐
- Purée all ingredients and 1/4 cup water in a food processor until smooth. Set a fine-mesh strainer over a medium pitcher; strain, pressing on solids to extract purée. Divide among molds. Cover; insert ice-pop sticks. Freeze until firm. Dip bottoms of molds into hot water for 20–30 seconds to loosen pops.
- ☐
- Remove pops from molds and serve.

Nutrition Facts



Properties

Glycemic Index:15.3, Glycemic Load:8.92, Inflammation Score:-2, Nutrition Score:2.6169565579166%

Flavonoids

Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg
Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg
Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg
Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg
Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg
Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 89.39kcal (4.47%), Fat: 0.15g (0.22%), Saturated Fat: 0.03g (0.21%), Carbohydrates: 23.53g (7.84%), Net Carbohydrates: 22.79g (8.29%), Sugar: 22.01g (24.45%), Cholesterol: 0mg (0%), Sodium: 15.99mg (0.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.53g (1.07%), Vitamin C: 18.38mg (22.28%), Potassium: 211.23mg (6.04%), Folate: 17.37µg (4.34%), Vitamin B6: 0.08mg (4.06%), Fiber: 0.74g (2.97%), Vitamin K: 2.53µg (2.41%), Magnesium: 9.52mg (2.38%), Vitamin B1: 0.03mg (2.32%), Vitamin B3: 0.38mg (1.91%), Manganese: 0.03mg (1.67%), Vitamin B5: 0.15mg (1.51%), Copper: 0.03mg (1.37%), Phosphorus: 11.19mg (1.12%), Iron: 0.2mg (1.12%), Selenium: 0.73µg (1.04%)