



Honeydew Lime Popsicles



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



134 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup regular granulated sugar
- ☐ 3.5 lb wedges honeydew melon ripe peeled seeded cut into 1/2-inch pieces (4 cups)
- ☐ 0.7 cup juice of lime fresh
- ☐ 0.3 cup water

Equipment

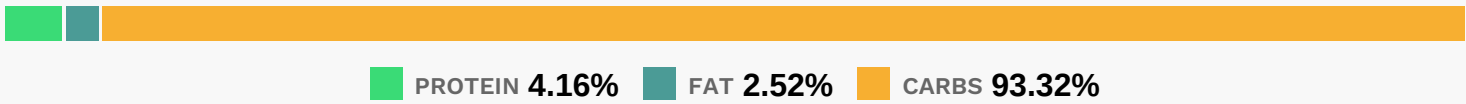
- ☐ bowl
- ☐ sauce pan
- ☐ sieve

☐ blender

Directions

- ☐ Dissolve sugar in water by stirring if using superfine or by heating in a small heavy saucepan if using regular granulated (then cool).
- ☐ Blend half of melon and half of lime juice in a blender until smooth.
- ☐ Add syrup and remaining melon and lime juice and purée until smooth. Force purée through a fine-mesh sieve into a 2-quart glass measure or bowl, pressing on solids and then discarding them.
- ☐ Pour mixture into molds and freeze until slushy, about 2 hours.
- ☐ Insert sticks, then freeze Popsicles until completely hardened, at least 6 hours.
- ☐ Popsicles can be made 2 days ahead (flavor diminishes if made any earlier).

Nutrition Facts



Properties

Glycemic Index:11.68, Glycemic Load:5.82, Inflammation Score:-5, Nutrition Score:7.7247826223788%

Flavonoids

Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.59mg, Eriodictyol: 0.59mg, Eriodictyol: 0.59mg, Eriodictyol: 0.59mg Hesperetin: 2.41mg, Hesperetin: 2.41mg, Hesperetin: 2.41mg, Hesperetin: 2.41mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 134.06kcal (6.7%), Fat: 0.42g (0.64%), Saturated Fat: 0.1g (0.64%), Carbohydrates: 34.62g (11.54%), Net Carbohydrates: 32.39g (11.78%), Sugar: 30.26g (33.62%), Cholesterol: 0mg (0%), Sodium: 48.74mg (2.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.54g (3.08%), Vitamin C: 55.69mg (67.51%), Potassium: 634.9mg (18.14%), Folate: 52.96µg (13.24%), Vitamin B6: 0.24mg (12.15%), Fiber: 2.22g (8.9%), Vitamin K: 7.83µg (7.46%), Magnesium: 28.71mg (7.18%), Vitamin B1: 0.11mg (7.15%), Vitamin B3: 1.14mg (5.72%), Vitamin B5: 0.44mg (4.43%), Manganese: 0.08mg (3.83%), Copper: 0.07mg (3.65%), Phosphorus: 32.87mg (3.29%), Vitamin A: 145.74IU (2.91%), Selenium: 1.93µg (2.76%), Iron: 0.48mg (2.66%), Vitamin B2: 0.04mg (2.2%), Calcium: 20.02mg (2%), Zinc: 0.26mg (1.74%)