



Ice Pops

 Vegetarian

READY IN



255 min.

SERVINGS



8

CALORIES



129 kcal

DESSERT

Ingredients

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

Equipment

- popsicle molds
- popsicle sticks

Directions

- Dissolve gelatin, soft drink mix and sugar in boiling water. Stir in cold water and pour into popsicle molds or small plastic drinking cups.
- Add popsicle sticks when firm but not frozen completely; freeze until hard.

Nutrition Facts

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

Properties

Glycemic Index:8.76, Glycemic Load:17.45, Inflammation Score:1, Nutrition Score:0.30826087223123%

Nutrients (% of daily need)

Calories: 128.78kcal (6.44%), Fat: 0.09g (0.14%), Saturated Fat: 0.01g (0.04%), Carbohydrates: 32.95g (10.98%), Net Carbohydrates: 32.49g (11.82%), Sugar: 30.1g (33.45%), Cholesterol: 0.03mg (0.01%), Sodium: 9.88mg (0.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.05g (0.1%), Fiber: 0.46g (1.83%), Calcium: 16.54mg (1.65%), Iron: 0.26mg (1.44%)