



KOOL-AID® Invisible Kool Pops

READY IN



185 min.

SERVINGS



16

CALORIES



93 kcal

DESSERT

Ingredients

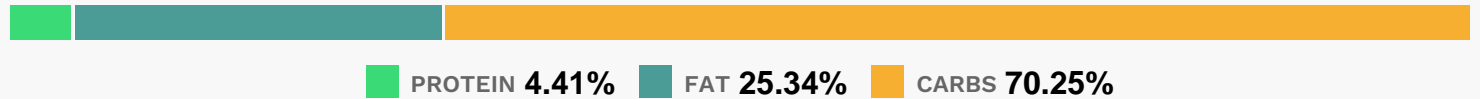
- 16 servings ice cubes
- 0.2 oz pkt. kool-aid invisible watermelon kiwi flavor drink mix unsweetened
- 1 cup splenda® no calorie sweetener
- 5 oz plastic cups
- 16 wooden pop sticks
- 16 servings water

Equipment

Directions

- Combine SPLENDA and drink mix in large plastic or glass pitcher.
- Add enough cold water and ice to equal 2 quarts. Stir until drink mix is completely dissolved.
- Pour evenly into paper cups.
- Freeze 1-1/2 hours or until almost firm. Insert pop stick into center of each cup. Freeze an additional 1-1/2 hours or until firm. Store in freezer.

Nutrition Facts



Properties

Glycemic Index:7.27, Glycemic Load:6.12, Inflammation Score:-1, Nutrition Score:1.007391297137%

Nutrients (% of daily need)

Calories: 93.24kcal (4.66%), Fat: 2.79g (4.29%), Saturated Fat: 0.97g (6.08%), Carbohydrates: 17.38g (5.79%), Net Carbohydrates: 16.91g (6.15%), Sugar: 14.42g (16.02%), Cholesterol: 0.63mg (0.21%), Sodium: 47.99mg (2.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.09g (2.18%), Copper: 0.07mg (3.58%), Magnesium: 10.24mg (2.56%), Vitamin B3: 0.44mg (2.21%), Phosphorus: 19.3mg (1.93%), Fiber: 0.46g (1.86%), Calcium: 16.97mg (1.7%), Folate: 4.93µg (1.23%), Zinc: 0.18mg (1.18%), Vitamin B1: 0.02mg (1.15%), Potassium: 37.27mg (1.06%)