



Lemon Meringue Pie Pops

 Popular

READY IN



385 min.

SERVINGS



7

CALORIES



151 kcal

Ingredients

- ☐ 1 box jell-o lemon flavor pudding & pie filling instant (4-serving size)
- ☐ 0.3 cup juice of lemon fresh
- ☐ 6 oz yogurt yoplait®
- ☐ 7 tablespoons graham crackers crushed
- ☐ 0.3 cup marshmallow creme
- ☐ 0.5 cup whipping cream
- ☐ 1.5 cups frangelico

Equipment

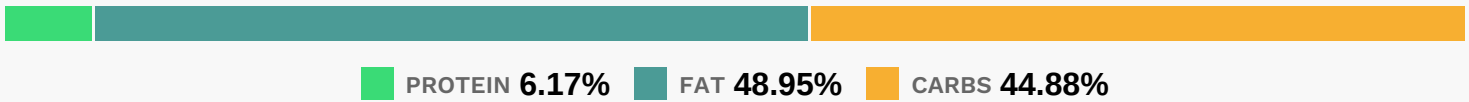
- ☐ bowl

- ☐ whisk
- ☐ hand mixer
- ☐ aluminum foil

Directions

- ☐ In medium bowl, beat pudding mix and half-and-half with whisk 2 minutes. Beat in lemon juice and yogurt.
- ☐ Pour about 1/3 cup mixture into each of 7 (5-oz) paper cups.
- ☐ Sprinkle each with 1 tablespoon graham crackers. Cover cups with foil; insert craft stick into center of each pop. (Or fill ice pop molds according to manufacturer's directions.) Freeze about 6 hours or until frozen.
- ☐ When ready to serve pops, in small bowl, beat marshmallow creme and 1 tablespoon of the whipping cream with electric mixer on low speed until smooth.
- ☐ Add remaining whipping cream, increase speed to high and beat until stiff peaks form.
- ☐ Remove each pop from cup.
- ☐ Spread top of each with about 2 tablespoons marshmallow mixture, forming meringue peaks.

Nutrition Facts



Properties

Glycemic Index:13.29, Glycemic Load:8.18, Inflammation Score:-2, Nutrition Score:2.6973913046329%

Flavonoids

Eriodictyol: 0.43mg, Eriodictyol: 0.43mg, Eriodictyol: 0.43mg, Eriodictyol: 0.43mg Hesperetin: 1.26mg, Hesperetin: 1.26mg, Hesperetin: 1.26mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 151.4kcal (7.57%), Fat: 8.43g (12.96%), Saturated Fat: 4.65g (29.08%), Carbohydrates: 17.39g (5.8%), Net Carbohydrates: 16.86g (6.13%), Sugar: 8.08g (8.98%), Cholesterol: 22.39mg (7.46%), Sodium: 113.65mg (4.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.39g (4.78%), Phosphorus: 63.51mg (6.35%), Vitamin B2: 0.1mg (6.07%), Vitamin A: 274.48IU (5.49%), Calcium: 52.83mg (5.28%), Vitamin C: 3.6mg (4.36%), Iron: 0.65mg (3.59%), Magnesium: 13.35mg (3.34%), Zinc: 0.48mg (3.17%), Vitamin B1: 0.05mg (3.08%), Vitamin B3: 0.6mg (2.98%),

Folate: 10.93µg (2.73%), Potassium: 88.96mg (2.54%), Fiber: 0.53g (2.12%), Vitamin D: 0.3µg (1.98%), Vitamin B12: 0.12µg (1.95%), Vitamin B6: 0.03mg (1.63%), Selenium: 1.05µg (1.5%), Vitamin B5: 0.15mg (1.49%), Vitamin E: 0.18mg (1.23%)