



Lime-Colada Pops

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



140 kcal

DESSERT

Ingredients

- 0.5 cup well-stirred cream of coconut
- 1.5 cups strained lime juice fresh
- 0.5 cup sugar

Equipment

- blender

Directions

- Combine 1 1/2 cups strained fresh lime juice, 1/2 cup sugar and 1/2 cup well-stirred cream of coconut in a blender. Blend at low speed to mix well.
- Add 1/2 cup water and blend again.
- Pour mixture into 1/3- to 1/2-cup ice-pop molds and insert sticks according to manufacturer's instructions. Freeze until firm, about 3 hours and up to 2 weeks. Unmold.

Nutrition Facts

PROTEIN 0.52%

FAT 19.45%

CARBS 80.03%

Properties

Glycemic Index:8.76, Glycemic Load:8.73, Inflammation Score:-1, Nutrition Score:1.3360869592947%

Flavonoids

Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg Hesperetin: 4.07mg, Hesperetin: 4.07mg, Hesperetin: 4.07mg, Hesperetin: 4.07mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 139.57kcal (6.98%), Fat: 3.16g (4.85%), Saturated Fat: 2.78g (17.37%), Carbohydrates: 29.22g (9.74%), Net Carbohydrates: 28.42g (10.34%), Sugar: 25.58g (28.42%), Cholesterol: 0mg (0%), Sodium: 10.28mg (0.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.19g (0.38%), Vitamin C: 13.61mg (16.5%), Fiber: 0.8g (3.19%), Potassium: 53.34mg (1.52%), Folate: 4.54µg (1.13%)