



Mandarin Orange Cream Pops



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



111 kcal

Ingredients

- ☐ 11 ounce mandarin oranges drained canned ()
- ☐ 1 teaspoon orange zest finely grated
- ☐ 2 cups whipped cream softened

Equipment

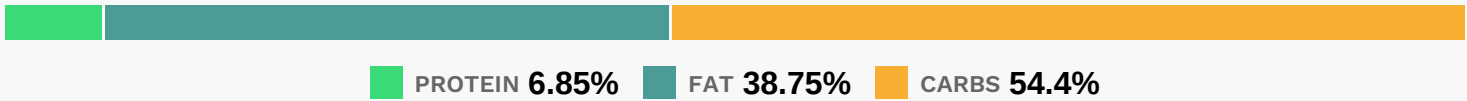
- ☐ blender

Directions

- ☐ Place the mandarin orange sections in a blender and pulse to puree.

Add the ice cream and the zest and pulse until well blended. Spoon the mixture into pop molds or 3-ounce paper cups. Cover and freeze until firm. Tip: Halve the vanilla ice cream and add 1 cup orange sherbet for a lower-calorie recipe.

Nutrition Facts



Properties

Glycemic Index:10.17, Glycemic Load:6.15, Inflammation Score:-6, Nutrition Score:4.1069565078487%

Nutrients (% of daily need)

Calories: 111.15kcal (5.56%), Fat: 4.86g (7.48%), Saturated Fat: 2.99g (18.69%), Carbohydrates: 15.36g (5.12%), Net Carbohydrates: 14.39g (5.23%), Sugar: 13.62g (15.13%), Cholesterol: 19.36mg (6.45%), Sodium: 37.81mg (1.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.93g (3.87%), Vitamin C: 18.34mg (22.23%), Vitamin A: 868.54IU (17.37%), Vitamin B2: 0.12mg (7.18%), Calcium: 63.09mg (6.31%), Phosphorus: 51.99mg (5.2%), Potassium: 158.95mg (4.54%), Vitamin B1: 0.06mg (4.28%), Zinc: 0.58mg (3.87%), Fiber: 0.97g (3.87%), Magnesium: 11.95mg (2.99%), Vitamin B12: 0.17µg (2.86%), Vitamin B5: 0.26mg (2.57%), Vitamin B6: 0.04mg (2.2%), Copper: 0.03mg (1.59%), Vitamin B3: 0.29mg (1.43%), Selenium: 1µg (1.43%), Vitamin E: 0.21mg (1.41%), Folate: 4.9µg (1.22%), Iron: 0.18mg (1.01%)