



Mango-Coconut Fruit Pops

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



98 kcal

DESSERT

Ingredients

- 0.8 cup coconut milk canned
- 1 tablespoon juice of lime
- 1.3 cups mango chunks (1 in., from 1 lb. fruit)
- 1 tablespoons sugar

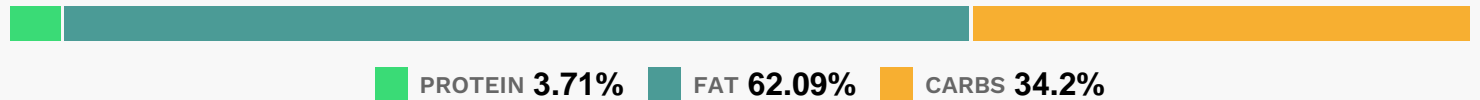
Equipment

- blender

Directions

- In a blender, whirl 1 1/4 cups mango chunks (about 1 in., from 1 lb. fruit), 3/4 cup canned coconut milk, 1 to 2 tablespoons sugar (to taste), and 1 tablespoon lime juice until smooth.
- Pour fruit mixture into 6 to 8 juice bar molds (see notes). Attach covers firmly and insert sticks, leaving 1 1/2 to 2 inches of each sticking out. Set molds in freezer, making sure they're level and upright, and freeze until firm, at least 3 hours, or up to 2 weeks.
- To unmold, run warm water over the molds up to the rim, just until pops are released from sides, 5 to 15 seconds.
- Remove the covers and pull out the pops.
- Layered Pops: To create two-tone pops, make two different recipes and use twice as many molds.
- Pour one mixture into all the molds and freeze until firm to the touch on top, about 45 minutes, then pour the second mixture over the first, and freeze completely.

Nutrition Facts



Properties

Glycemic Index:20.31, Glycemic Load:3.78, Inflammation Score:-4, Nutrition Score:3.7760869860649%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 97.95kcal (4.9%), Fat: 7.28g (11.2%), Saturated Fat: 6.36g (39.76%), Carbohydrates: 9.02g (3.01%), Net Carbohydrates: 7.8g (2.84%), Sugar: 7.75g (8.61%), Cholesterol: 0mg (0%), Sodium: 4.91mg (0.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.98g (1.96%), Vitamin C: 14.1mg (17.09%), Manganese: 0.3mg (14.85%), Vitamin A: 373.19IU (7.46%), Copper: 0.12mg (5.94%), Folate: 19.83µg (4.96%), Fiber: 1.22g (4.88%), Potassium:

139.62mg (3.99%), Magnesium: 14.74mg (3.68%), Phosphorus: 35.16mg (3.52%), Iron: 0.55mg (3.06%), Selenium: 2.08µg (2.97%), Vitamin B6: 0.05mg (2.59%), Vitamin E: 0.36mg (2.4%), Vitamin B3: 0.46mg (2.31%), Zinc: 0.23mg (1.56%), Vitamin K: 1.49µg (1.42%), Vitamin B5: 0.13mg (1.26%), Vitamin B1: 0.02mg (1.2%)