

## Mint-Melon Pops

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



93 kcal

### Ingredients

- 1.5 cups textured vegetable protein
- 1.5 cups wedges honeydew melon
- 1 tablespoon limeade concentrate thawed
- 2 mint leaves
- 1 tablespoon orange juice

### Equipment

- blender

## Directions

- Puree 1 1/2 cups cantaloupe chunks and 1 tablespoon orange juice in a blender. Divide the mixture between pop molds or 3-ounce paper cups. Freeze until the top becomes firm, 30 minutes. Rinse the blender, then puree 1 1/2 cups honeydew chunks, 1 tablespoon thawed limeade concentrate, and 2 mint leaves.
- Remove the molds from freezer and top with the honeydew mixture. Cover and freeze.

## Nutrition Facts

**PROTEIN 50.5%** **FAT 0.68%** **CARBS 48.82%**

## Properties

Glycemic Index:8.67, Glycemic Load:0.15, Inflammation Score:-1, Nutrition Score:2.8926086994293%

## Flavonoids

Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg  
Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.37mg, Hesperetin:  
0.37mg, Hesperetin: 0.37mg, Hesperetin: 0.37mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg,  
Naringenin: 0.06mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg,  
Luteolin: 0.04mg, Luteolin: 0.04mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg,  
Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 92.73kcal (4.64%), Fat: 0.07g (0.11%), Saturated Fat: 0.02g (0.11%), Carbohydrates: 11.09g (3.69%), Net  
Carbohydrates: 6.98g (2.54%), Sugar: 6.82g (7.57%), Cholesterol: 0mg (0%), Sodium: 9.78mg (0.43%), Alcohol: 0g  
(100%), Alcohol %: 0% (100%), Protein: 11.47g (22.93%), Fiber: 4.11g (16.43%), Iron: 2.6mg (14.45%), Vitamin C:  
9.25mg (11.21%), Calcium: 78.12mg (7.81%), Potassium: 104.71mg (2.99%), Folate: 9.33µg (2.33%), Vitamin B6:  
0.04mg (1.95%), Vitamin B1: 0.02mg (1.27%), Magnesium: 4.88mg (1.22%), Vitamin K: 1.24µg (1.18%)