



Minted Watermelon and Lemon Ice Pops

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



81 kcal

DESSERT

Ingredients

- 0.3 cup mint leaves fresh coarsely chopped
- 0.7 cup juice of lemon fresh
- 1 tablespoon juice of lime fresh
- 0.3 teaspoon orange extract
- 0.3 cup orange juice fresh
- 0.3 cup sugar
- 6 tablespoons sugar
- 0.3 cup water

- 0.5 cup water
- 2 cups watermelon packed cubed seeded ()

Equipment

- bowl
- sauce pan
- sieve
- blender

Directions

- To prepare watermelon layer, combine 1/4 cup sugar and 1/4 cup water in a small saucepan over medium-high heat. Bring to a boil; cook 30 seconds, stirring until sugar dissolves. Stir in mint; cover and let stand 30 minutes. Strain through a sieve into a bowl.
- Place watermelon in a blender; process until smooth. Strain puree through a sieve into bowl with mint syrup; press with back of a spoon to extract juice. Discard solids. Stir in lime juice; cover and chill 1 hour.
- Pour about 2 1/2 tablespoons watermelon mixture into each of 8 ice pop molds. Freeze 1 1/2 hours or until almost set. Arrange 1 wooden stick into mixture, being careful not to push through to bottom of mold. Return to freezer. Freeze 1 hour or until frozen.
- To prepare lemon layer, combine 6 tablespoons sugar and 1/2 cup water in a small saucepan over medium-high heat. Bring to a boil; cook 30 seconds, stirring until sugar dissolves.
- Pour into a bowl; stir in lemon juice, orange juice, and extract. Cool 15 minutes; cover and chill at least 1 hour.
- Remove molds from freezer.
- Pour about 3 tablespoons lemon mixture over frozen watermelon mixture in each mold. Freeze 2 hours or until completely frozen.

Nutrition Facts



Properties

Glycemic Index:33.36, Glycemic Load:13.22, Inflammation Score:-3, Nutrition Score:2.1743478255103%

Flavonoids

Eriodictyol: 1.49mg, Eriodictyol: 1.49mg, Eriodictyol: 1.49mg, Eriodictyol: 1.49mg Hesperetin: 4.49mg, Hesperetin: 4.49mg, Hesperetin: 4.49mg, Hesperetin: 4.49mg Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 80.69kcal (4.03%), Fat: 0.19g (0.29%), Saturated Fat: 0.02g (0.13%), Carbohydrates: 20.9g (6.97%), Net Carbohydrates: 20.55g (7.47%), Sugar: 18.99g (21.1%), Cholesterol: 0mg (0%), Sodium: 2.42mg (0.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.44g (0.87%), Vitamin C: 17.12mg (20.76%), Vitamin A: 298.78IU (5.98%), Potassium: 94.67mg (2.7%), Folate: 10.1µg (2.52%), Magnesium: 7.65mg (1.91%), Vitamin B1: 0.03mg (1.89%), Manganese: 0.04mg (1.79%), Copper: 0.03mg (1.68%), Vitamin B6: 0.03mg (1.66%), Fiber: 0.35g (1.41%), Vitamin B5: 0.14mg (1.37%), Vitamin B2: 0.02mg (1.24%), Iron: 0.21mg (1.16%)