



Nectarine-Buttermilk Pops



Vegetarian



Gluten Free

READY IN



180 min.

SERVINGS



45

CALORIES



28 kcal

DESSERT

Ingredients

- ☐ 0.8 cup buttermilk cold
- ☐ 3 tablespoons ginger liqueur such as domaine de canton brand
- ☐ 2.5 tablespoons juice of lemon fresh
- ☐ 0.5 teaspoon lemon zest finely grated
- ☐ 2 pounds nectarines thinly sliced
- ☐ 1 cup sugar

Equipment

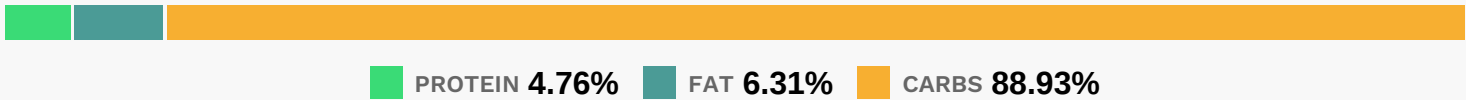
- ☐ food processor

- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ popsicle molds

Directions

- ☐ In a medium saucepan, toss the sliced nectarines with 3/4 cup of the sugar and 2 tablespoons of the lemon juice and let stand until juicy, about 20 minutes. Bring the nectarines to a boil and simmer over low heat, mashing lightly, just until softened, about 8 minutes.
- ☐ Let cool.
- ☐ Transfer the nectarines to a food processor and pulse to a coarse puree. Strain the puree, pressing hard on the skins to extract as much juice as possible.
- ☐ Add 2 tablespoons of the ginger liqueur and 1/2 cup of water to the puree; you should have about 3 cups of loose puree. Fill eight 6-ounce popsicle molds with half of the nectarine puree and freeze until firm but not solid, about 1 hour.
- ☐ Meanwhile, in a bowl, combine the buttermilk with the remaining 1/4 cup of sugar, 1/2 tablespoon of lemon juice, 1 tablespoon of ginger liqueur and the lemon zest.
- ☐ Whisk until the sugar is dissolved, then refrigerate.
- ☐ Pour the buttermilk mixture into the popsicle molds and freeze for about 1 hour, until firm but not solid.
- ☐ Pour the remaining nectarine puree into the molds and add the sticks, pushing them nearly through the popsicles. Freeze until firm, at least 4 hours and preferably overnight.
- ☐ Dip the molds in hot water for a few seconds, then unmold the popsicles and serve right away.

Nutrition Facts



Properties

Glycemic Index:3.54, Glycemic Load:3.84, Inflammation Score:-1, Nutrition Score:0.66739130279292%

Flavonoids

Cyanidin: 0.43mg, Cyanidin: 0.43mg, Cyanidin: 0.43mg, Cyanidin: 0.43mg Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg Epicatechin: 0.51mg, Epicatechin: 0.51mg, Epicatechin: 0.51mg, Epicatechin: 0.51mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 28.02kcal (1.4%), Fat: 0.21g (0.32%), Saturated Fat: 0.08g (0.48%), Carbohydrates: 6.62g (2.21%), Net Carbohydrates: 6.3g (2.29%), Sugar: 6.25g (6.95%), Cholesterol: 0.44mg (0.15%), Sodium: 6.94mg (0.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.35g (0.71%), Vitamin A: 73.59IU (1.47%), Fiber: 0.32g (1.27%), Vitamin B3: 0.23mg (1.17%), Vitamin C: 0.96mg (1.16%)