



Orange and Vanilla Yogurt Pops



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



97 kcal

DESSERT

Ingredients

- ☐ 1.3 cups slightly orange–juice concentrate frozen thawed
- ☐ 1.3 cups greek yogurt plain 2% reduced-fat ()
- ☐ 1 pinch salt
- ☐ 2 tablespoons sugar
- ☐ 0.5 teaspoon vanilla extract pure
- ☐ 0.3 cup water

Equipment

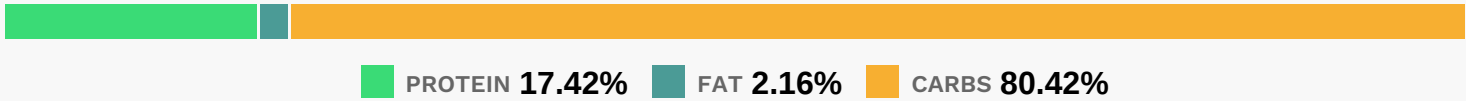
- ☐ bowl

whisk

Directions

- In a small bowl, whisk together orange–juice concentrate, sugar, and water. Dividing evenly, spoon 1/2 cup softened juice–concentrate mixture into 8 (3–ounce) pop molds.
- To the bowl with remaining juice–concentrate mixture, add yogurt, vanilla, and salt; whisk to combine. Spoon yogurt mixture into molds, add sticks, and freeze until firm (about 2 hours; remove from mold by next day).

Nutrition Facts



Properties

Glycemic Index:8.76, Glycemic Load:2.09, Inflammation Score:–4, Nutrition Score:7.1986955605123%

Nutrients (% of daily need)

Calories: 97.01kcal (4.85%), Fat: 0.24g (0.36%), Saturated Fat: 0.06g (0.37%), Carbohydrates: 19.78g (6.59%), Net Carbohydrates: 19.33g (7.03%), Sugar: 17.23g (19.14%), Cholesterol: 1.56mg (0.52%), Sodium: 19.62mg (0.85%), Alcohol: 0.09g (100%), Alcohol %: 0.13% (100%), Protein: 4.28g (8.57%), Vitamin C: 64.34mg (77.99%), Vitamin B2: 0.17mg (9.78%), Potassium: 323.61mg (9.25%), Folate: 36.36µg (9.09%), Vitamin B1: 0.13mg (8.6%), Phosphorus: 69.58mg (6.96%), Vitamin B6: 0.14mg (6.77%), Calcium: 51.83mg (5.18%), Magnesium: 19.07mg (4.77%), Selenium: 3.29µg (4.7%), Vitamin B12: 0.22µg (3.65%), Vitamin B5: 0.35mg (3.52%), Vitamin A: 169.43IU (3.39%), Vitamin B3: 0.55mg (2.75%), Vitamin E: 0.27mg (1.8%), Fiber: 0.44g (1.77%), Copper: 0.03mg (1.65%), Zinc: 0.24mg (1.59%), Manganese: 0.02mg (1.24%)