



## Orange-Marshmallow Pops

 **Gluten Free**  **Dairy Free**

READY IN



**300 min.**

SERVINGS



**1**

CALORIES



**1193 kcal**

### Ingredients

- 12 marshmallows jet-puffed
- 3 oz jell-o orange flavor gelatin
- 0.5 cup orange juice
- 2 cups whipped cream softened
- 1 cup water boiling

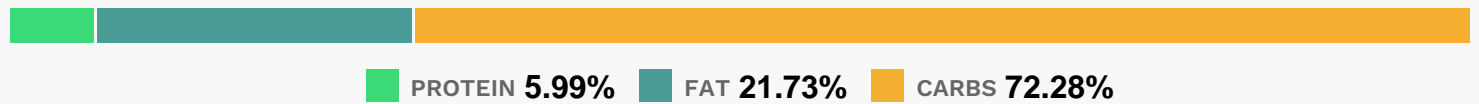
### Equipment

- bowl
- blender

## Directions

- Add boiling water to gelatin mix in medium bowl; stir 2 min. until completely dissolved. Cool slightly. Gradually add orange juice and gelatin to ice cream in large bowl, beating with mixer after each addition until blended.
- Insert wooden pop stick into center of each marshmallow.
- Place, marshmallow-end down, in each of 12 (5-oz.) paper or plastic cups. Spoon about 1 Tbsp. gelatin mixture into each cup; freeze 30 min. or until slightly firm.
- Pour remaining gelatin mixture into cups; freeze 4 hours or until firm.
- Remove pops from cups before serving.

## Nutrition Facts



## Properties

Glycemic Index:173.5, Glycemic Load:84.72, Inflammation Score:-8, Nutrition Score:17.852608768836%

## Flavonoids

Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 14.82mg, Hesperetin: 14.82mg, Hesperetin: 14.82mg, Hesperetin: 14.82mg Naringenin: 2.65mg, Naringenin: 2.65mg, Naringenin: 2.65mg, Naringenin: 2.65mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

## Nutrients (% of daily need)

Calories: 1193.44kcal (59.67%), Fat: 29.46g (45.32%), Saturated Fat: 18g (112.51%), Carbohydrates: 220.46g (73.49%), Net Carbohydrates: 218.28g (79.37%), Sugar: 187.94g (208.83%), Cholesterol: 116.16mg (38.72%), Sodium: 687.8mg (29.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.25g (36.51%), Vitamin C: 63.58mg (77.07%), Phosphorus: 424.92mg (42.49%), Vitamin B2: 0.71mg (41.56%), Calcium: 363.73mg (36.37%), Vitamin A: 1359.44IU (27.19%), Potassium: 783.51mg (22.39%), Vitamin B5: 1.79mg (17.86%), Vitamin B12: 1.03µg (17.16%), Selenium: 12µg (17.15%), Copper: 0.34mg (16.75%), Vitamin B1: 0.22mg (14.88%), Magnesium: 56.35mg (14.09%), Folate: 53.79µg (13.45%), Zinc: 1.95mg (13%), Vitamin B6: 0.18mg (8.98%), Fiber: 2.18g (8.72%), Vitamin E: 0.84mg (5.61%), Iron: 0.79mg (4.39%), Vitamin B3: 0.88mg (4.38%), Vitamin D: 0.53µg (3.52%), Manganese: 0.05mg (2.73%)