



Orange-Vanilla Frozen Yogurt Pops

 Vegetarian  Gluten Free

READY IN



5 min.

SERVINGS



5

CALORIES



216 kcal

DESSERT

Ingredients

- ☐ 12 oz orange juice concentrate frozen thawed canned
- ☐ 1.3 cups greek yogurt plain (not nonfat)
- ☐ 1 pinch salt
- ☐ 0.5 cup sugar
- ☐ 1 tablespoon vanilla extract

Equipment

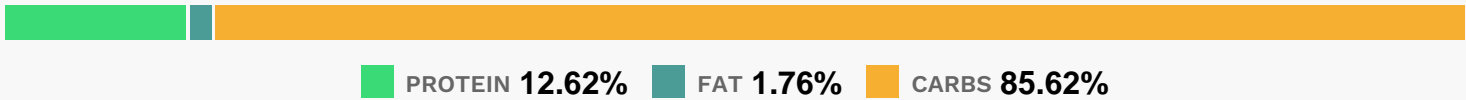
- ☐ bowl
- ☐ baking sheet

☐ whisk

Directions

- ☐ In a large bowl, combine juice concentrate with 2 1/2 cups water.
- ☐ Whisk in sugar until dissolved.
- ☐ Whisk in vanilla and salt.
- ☐ Whisk in yogurt, mixing until well combined.
- ☐ Place 8 7-oz. paper cups on a baking sheet.
- ☐ Pour mixture into cups, filling halfway. Freeze until slightly firm, about 1 hour.
- ☐ Place craft sticks in center of each cup, then return to freezer until completely firm, 6 hours or overnight. To unmold, peel off paper cups.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:14.02, Glycemic Load:13.96, Inflammation Score:-6, Nutrition Score:10.314347795818%

Nutrients (% of daily need)

Calories: 215.69kcal (10.78%), Fat: 0.42g (0.65%), Saturated Fat: 0.09g (0.59%), Carbohydrates: 46.02g (15.34%), Net Carbohydrates: 45.34g (16.49%), Sugar: 42.13g (46.81%), Cholesterol: 2.5mg (0.83%), Sodium: 30.95mg (1.35%), Alcohol: 0.89g (100%), Alcohol %: 0.81% (100%), Protein: 6.78g (13.57%), Vitamin C: 98.66mg (119.58%), Vitamin B2: 0.27mg (15.64%), Potassium: 502.71mg (14.36%), Folate: 55.89µg (13.97%), Vitamin B1: 0.2mg (13.23%), Phosphorus: 109.66mg (10.97%), Vitamin B6: 0.21mg (10.48%), Calcium: 81.85mg (8.18%), Selenium: 5.34µg (7.63%), Magnesium: 29.63mg (7.41%), Vitamin B12: 0.35µg (5.83%), Vitamin B5: 0.55mg (5.47%), Vitamin A: 259.87IU (5.2%), Vitamin B3: 0.86mg (4.29%), Vitamin E: 0.41mg (2.75%), Fiber: 0.68g (2.72%), Copper: 0.05mg (2.6%), Zinc: 0.38mg (2.52%), Manganese: 0.04mg (2.2%), Iron: 0.27mg (1.52%)