



Paletas de Aguacate



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



129 kcal

SIDE DISH

Ingredients



2 small avocado ripe



2 tablespoons juice of lime freshly squeezed



1 pinch salt



0.5 cup sugar



1 cup water

Equipment



sauce pan

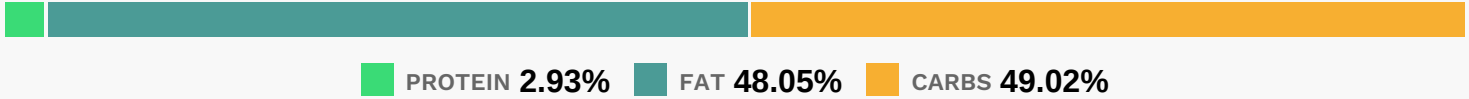


blender

Directions

- ☐ Combine the water and sugar in a small saucepan and cook over medium-high heat, stirring, until the mixture comes to a boil and the sugar has dissolved.
- ☐ Let cool to room temperature.
- ☐ Cut the avocados in half lengthwise.
- ☐ Remove the pit and scoop the flesh into a blender, along with the cooled syrup and salt. Blend until smooth, scraping the sides as needed.
- ☐ Add the lime juice and blend just until combined.
- ☐ If using conventional molds, divide the mixture among the molds, snap on the lid, and freeze until solid, about 5 hours. If using glasses or other unconventional molds, freeze until the pops are beginning to set (1 1/2 to 2 hours), then insert the sticks and freeze until solid, 4 to 5 hours. If using an instant ice pop maker, follow the manufacturer's instructions.
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Nutrition Facts



Properties

Glycemic Index:13.76, Glycemic Load:9.09, Inflammation Score:-2, Nutrition Score:4.4056521718917%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 129.46kcal (6.47%), Fat: 7.43g (11.43%), Saturated Fat: 1.07g (6.69%), Carbohydrates: 17.05g (5.68%), Net Carbohydrates: 13.67g (4.97%), Sugar: 12.87g (14.3%), Cholesterol: 0mg (0%), Sodium: 10.04mg (0.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.02g (2.04%), Fiber: 3.38g (13.53%), Folate: 41.08µg (10.27%), Vitamin K: 10.57µg (10.07%), Vitamin C: 6.15mg (7.45%), Potassium: 248.35mg (7.1%), Vitamin B5: 0.7mg (7.03%), Vitamin E:

1.05mg (6.99%), Vitamin B6: 0.13mg (6.53%), Copper: 0.1mg (5.1%), Vitamin B3: 0.88mg (4.4%), Vitamin B2: 0.07mg (4.02%), Magnesium: 15.17mg (3.79%), Manganese: 0.07mg (3.63%), Phosphorus: 26.66mg (2.67%), Vitamin B1: 0.03mg (2.31%), Zinc: 0.33mg (2.19%), Iron: 0.29mg (1.59%), Vitamin A: 75.24IU (1.5%)