



Paletas de Fresa-Frambuesa (Strawberry-Raspberry Popsicles)



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



376 kcal

SIDE DISH

Ingredients

- ☐ 1 can condensed milk
- ☐ 2 cups evaporated milk
- ☐ 1 cup raspberries fresh
- ☐ 2 cup strawberries fresh diced
- ☐ 0.5 teaspoon vanilla extract
- ☐ 1 cup milk whole

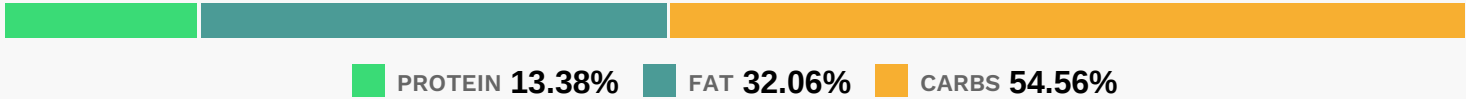
Equipment

blender

Directions

Place all the ingredients in a blender and blend until smooth.Divide evenly into ice pops molds. Seal and freeze until ready, about 4 hours.

Nutrition Facts



Properties

Glycemic Index:27.5, Glycemic Load:23.99, Inflammation Score:-6, Nutrition Score:14.425652296647%

Flavonoids

Cyanidin: 9.96mg, Cyanidin: 9.96mg, Cyanidin: 9.96mg, Cyanidin: 9.96mg Petunidin: 0.11mg, Petunidin: 0.11mg, Petunidin: 0.11mg, Petunidin: 0.11mg Delphinidin: 0.41mg, Delphinidin: 0.41mg, Delphinidin: 0.41mg, Delphinidin: 0.41mg Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Pelargonidin: 12.12mg, Pelargonidin: 12.12mg, Pelargonidin: 12.12mg, Pelargonidin: 12.12mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 1.75mg, Catechin: 1.75mg, Catechin: 1.75mg, Catechin: 1.75mg Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg Epicatechin: 0.91mg, Epicatechin: 0.91mg, Epicatechin: 0.91mg, Epicatechin: 0.91mg Epicatechin 3–gallate: 0.07mg, Epicatechin 3–gallate: 0.07mg, Epicatechin 3–gallate: 0.07mg, Epicatechin 3–gallate: 0.07mg Epigallocatechin 3–gallate: 0.16mg, Epigallocatechin 3–gallate: 0.16mg, Epigallocatechin 3–gallate: 0.16mg, Epigallocatechin 3–gallate: 0.16mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 376.38kcal (18.82%), Fat: 13.67g (21.03%), Saturated Fat: 8.25g (51.55%), Carbohydrates: 52.35g (17.45%), Net Carbohydrates: 50.09g (18.21%), Sugar: 49.57g (55.07%), Cholesterol: 51.68mg (17.23%), Sodium: 189.02mg (8.22%), Alcohol: 0.11g (100%), Alcohol %: 0.06% (100%), Protein: 12.84g (25.67%), Calcium: 469.42mg (46.94%), Vitamin C: 36.78mg (44.58%), Phosphorus: 395.91mg (39.59%), Vitamin B2: 0.61mg (36.15%), Potassium: 664.51mg (18.99%), Selenium: 12.7µg (18.15%), Manganese: 0.33mg (16.53%), Magnesium: 52.88mg (13.22%), Vitamin B5: 1.31mg (13.09%), Vitamin B12: 0.64µg (10.74%), Zinc: 1.59mg (10.57%), Vitamin B1: 0.14mg (9.31%), Vitamin A: 455.22IU (9.1%), Fiber: 2.26g (9.04%), Folate: 29.7µg (7.43%), Vitamin B6: 0.13mg (6.71%), Vitamin D: 0.66µg (4.42%), Vitamin E: 0.57mg (3.82%), Vitamin K: 3.64µg (3.46%), Iron: 0.62mg (3.45%), Vitamin B3: 0.65mg (3.25%), Copper: 0.06mg (3.25%)