



Paletas de Maracuyá (Creamy Passion Fruit Popsicles)

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



482 kcal

SIDE DISH

Ingredients

- 0.5 cup evaporated milk
- 1 cup heavy cream
- 2 cups passion fruit pulp
- 2 tablespoons sugar
- 15 oz condensed milk sweetened canned

Equipment

- blender

popsicle molds

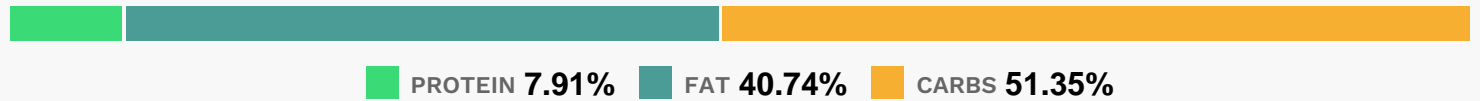
popsicle sticks

Directions

Place all the ingredient in a blender. Blend until well combined.

Pour into popsicle molds or paper cups. If using cups, you'll need to insert wooden popsicle sticks. Freeze for about 4 hours, or until firm.

Nutrition Facts



Properties

Glycemic Index:26.85, Glycemic Load:29.38, Inflammation Score:-8, Nutrition Score:13.479999980201%

Nutrients (% of daily need)

Calories: 482.43kcal (24.12%), Fat: 22.64g (34.83%), Saturated Fat: 14.02g (87.66%), Carbohydrates: 64.18g (21.39%), Net Carbohydrates: 56g (20.36%), Sugar: 54.62g (60.69%), Cholesterol: 75.01mg (25%), Sodium: 145.05mg (6.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.89g (19.79%), Vitamin A: 1823.16IU (36.46%), Fiber: 8.18g (32.73%), Vitamin B2: 0.54mg (31.69%), Vitamin C: 26.08mg (31.61%), Phosphorus: 298.44mg (29.84%), Calcium: 291.75mg (29.18%), Potassium: 638.1mg (18.23%), Selenium: 12.66µg (18.08%), Magnesium: 49.06mg (12.26%), Iron: 1.47mg (8.19%), Vitamin B5: 0.77mg (7.67%), Vitamin B3: 1.39mg (6.97%), Vitamin B6: 0.14mg (6.96%), Vitamin B12: 0.41µg (6.82%), Zinc: 1mg (6.68%), Folate: 22.08µg (5.52%), Vitamin B1: 0.08mg (5.44%), Vitamin D: 0.8µg (5.32%), Copper: 0.09mg (4.31%), Vitamin E: 0.53mg (3.52%), Vitamin K: 2.37µg (2.26%)