



Paletas de Salpicón (Fruit Popsicles)



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



109 kcal

SIDE DISH

Ingredients



3 cups fruit fresh red such as pineapple, papaya, watermelon, mango, apple, banana, and seedless grapes, cut into bite size pieces. assorted



3 cups strawberry juice fresh

Equipment



bowl

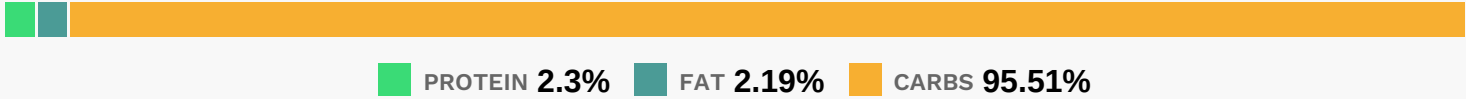


popsicle sticks

Directions

☐ Place cut fruit in a large bowl, pour juice over fruit and stir.our the fruit and juice mixture into the molds.If using cups, you'll need to insert wooden popsicle sticks. Freeze for about 4 hours, or until firm.

Nutrition Facts



Properties

Glycemic Index:14.46, Glycemic Load:11.58, Inflammation Score:-1, Nutrition Score:2.9413043429022%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 1.55mg, Catechin: 1.55mg, Catechin: 1.55mg, Catechin: 1.55mg Epicatechin: 5.84mg, Epicatechin: 5.84mg, Epicatechin: 5.84mg, Epicatechin: 5.84mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg

Nutrients (% of daily need)

Calories: 109.14kcal (5.46%), Fat: 0.28g (0.43%), Saturated Fat: 0.07g (0.43%), Carbohydrates: 27.68g (9.23%), Net Carbohydrates: 26.75g (9.73%), Sugar: 23.63g (26.26%), Cholesterol: 0mg (0%), Sodium: 6.47mg (0.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.67g (1.34%), Vitamin K: 11.02µg (10.5%), Potassium: 269.45mg (7.7%), Manganese: 0.15mg (7.27%), Copper: 0.11mg (5.54%), Vitamin B1: 0.08mg (5.21%), Vitamin B6: 0.09mg (4.36%), Vitamin B2: 0.07mg (4.35%), Vitamin C: 3.53mg (4.28%), Fiber: 0.93g (3.71%), Magnesium: 11.48mg (2.87%), Phosphorus: 23.78mg (2.38%), Iron: 0.42mg (2.34%), Calcium: 17.47mg (1.75%), Vitamin B3: 0.23mg (1.16%), Vitamin E: 0.16mg (1.04%), Vitamin A: 51.07IU (1.02%)