



## Passion Fruit and Guava Pops



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



74 kcal

DESSERT

### Ingredients

- ☐ 11 ounces to 8 passion fruits ripe halved
- ☐ 1.5 cups can guava nectar canned
- ☐ 2 tablespoons juice of lime fresh divided
- ☐ 0.3 cup sugar
- ☐ 0.3 cup water

### Equipment

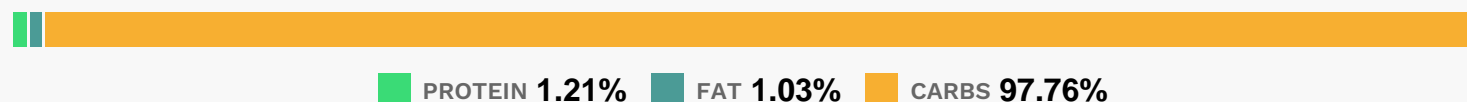
- ☐ bowl
- ☐ frying pan

- ☐ sieve
- ☐ plastic wrap
- ☐ measuring cup
- ☐ muffin tray
- ☐ kitchen scissors

## Directions

- ☐ Combine 1/3 cup water, 1/4 cup sugar, and 1 tablespoon lime juice in small bowl; stir until sugar dissolves. Using spoon, scoop flesh from passion fruits into sugar mixture. Strain mixture through fine-mesh strainer into small bowl; press on seeds with rubber spatula to extract as much liquid as possible (you will need 1 cup strained liquid); discard seeds in strainer.
- ☐ Divide passion fruit mixture among eight 3-ounce paper cups (about 2 tablespoons for each). Stretch plastic wrap tightly over top of each cup, covering completely and securing each with rubber band. Insert ice pop stick or lollipop stick through plastic wrap and into mixture in each cup (taut plastic will hold stick in place).
- ☐ Place cups in muffin pan, tilting cups at angle. Freeze until passion fruit mixture is set, about 3 hours.
- ☐ Meanwhile, stir guava nectar, remaining 3 tablespoons sugar, and 1 tablespoon lime juice in 2-cup measuring cup until sugar dissolves. Chill mixture until cold.
- ☐ Remove cups with frozen passion fruit mixture from freezer; stand cups upright in muffin pan. Peel back some of plastic wrap on each.
- ☐ Pour guava mixture atop frozen passion fruit mixture in cups, dividing equally. Cover with plastic wrap, secure with rubber band, and freeze until firm, at least 4 hours. DO AHEAD: Can be made 3 days ahead. Keep frozen.
- ☐ Using scissors, cut off paper cups from pops and serve immediately.

## Nutrition Facts



## Properties

Glycemic Index: 8.76, Glycemic Load: 4.36, Inflammation Score: -1, Nutrition Score: 1.5669565374113%

## Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg 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: 74.04kcal (3.7%), Fat: 0.09g (0.14%), Saturated Fat: 0g (0.03%), Carbohydrates: 19.25g (6.42%), Net Carbohydrates: 18.14g (6.6%), Sugar: 16.51g (18.34%), Cholesterol: 0mg (0%), Sodium: 5.87mg (0.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.24g (0.47%), Vitamin C: 11.25mg (13.64%), Fiber: 1.1g (4.44%), Vitamin A: 136.07IU (2.72%), Vitamin K: 2.19µg (2.09%), Copper: 0.04mg (2.01%), Potassium: 57.09mg (1.63%), Manganese: 0.03mg (1.51%), Vitamin B3: 0.25mg (1.23%)