



Peach-Almond Fruit Pops

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



56 kcal

DESSERT

Ingredients

- 0.1 teaspoon almond extract
- 1 tablespoon juice of lemon
- 0.8 cup peach nectar canned
- 3 cups peaches ripe peeled sliced
- 1 tablespoons sugar

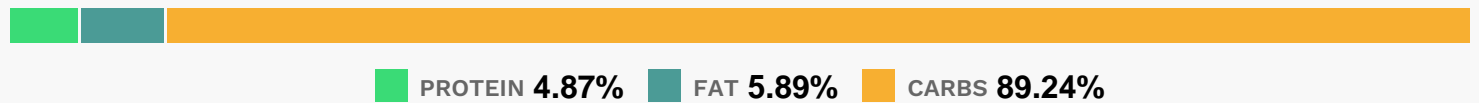
Equipment

- blender

Directions

- In a blender, whirl 3 cups sliced peeled ripe peaches, 3/4 cup canned peach nectar, 1 to 2 tablespoons sugar (to taste), 1 tablespoon lemon juice, and 1/8 teaspoon almond extract until smooth.
- Pour fruit mixture into 6 to 8 juice bar molds (see notes). Attach covers firmly and insert sticks, leaving 1 1/2 to 2 inches of each sticking out. Set molds in freezer, making sure they're level and upright, and freeze until firm, at least 3 hours, or up to 2 weeks.
- To unmold, run warm water over the molds up to the rim, just until pops are released from sides, 5 to 15 seconds.
- Remove the covers and pull out the pops.
- Layered Pops: To create two-tone pops, make two different recipes and use twice as many molds.
- Pour one mixture into all the molds and freeze until firm to the touch on top, about 45 minutes, then pour the second mixture over the first, and freeze completely.

Nutrition Facts



Properties

Glycemic Index:18.39, Glycemic Load:4.06, Inflammation Score:-3, Nutrition Score:2.3330434768096%

Flavonoids

Cyanidin: 1.48mg, Cyanidin: 1.48mg, Cyanidin: 1.48mg, Cyanidin: 1.48mg Catechin: 3.79mg, Catechin: 3.79mg, Catechin: 3.79mg, Catechin: 3.79mg Epigallocatechin: 0.8mg, Epigallocatechin: 0.8mg, Epigallocatechin: 0.8mg, Epigallocatechin: 0.8mg Epicatechin: 1.8mg, Epicatechin: 1.8mg, Epicatechin: 1.8mg, Epicatechin: 1.8mg Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg

Nutrients (% of daily need)

Calories: 56.08kcal (2.8%), Fat: 0.4g (0.61%), Saturated Fat: 0.03g (0.17%), Carbohydrates: 13.56g (4.52%), Net Carbohydrates: 12.37g (4.5%), Sugar: 12.3g (13.66%), Cholesterol: 0mg (0%), Sodium: 13.49mg (0.59%), Alcohol:

0.03g (100%), Alcohol %: 0.03% (100%), Protein: 0.74g (1.48%), Vitamin A: 331.47IU (6.63%), Vitamin C: 4.12mg (5%), Fiber: 1.19g (4.77%), Vitamin E: 0.66mg (4.37%), Copper: 0.07mg (3.31%), Vitamin B3: 0.65mg (3.26%), Potassium: 106.02mg (3.03%), Manganese: 0.05mg (2.67%), Vitamin K: 2.68µg (2.56%), Vitamin B1: 0.04mg (2.52%), Selenium: 1.69µg (2.42%), Magnesium: 7.57mg (1.89%), Phosphorus: 18.08mg (1.81%), Vitamin B2: 0.03mg (1.73%), Vitamin B6: 0.03mg (1.6%), Iron: 0.29mg (1.59%), Vitamin B5: 0.14mg (1.42%), Folate: 5.43µg (1.36%), Zinc: 0.18mg (1.21%)