



Peach Pops



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



14

CALORIES



35 kcal

DESSERT

Ingredients

- ☐ 1 tablespoon juice of lemon
- ☐ 2 cups peaches fresh
- ☐ 1.3 cups pineapple juice unsweetened
- ☐ 0.3 cup sugar

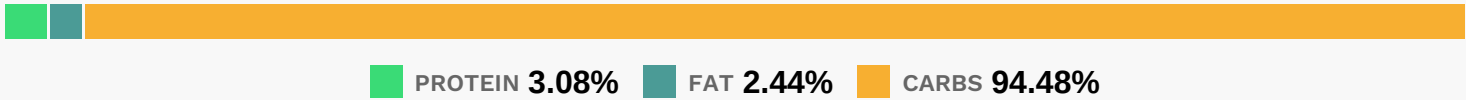
Equipment

- ☐ bowl
- ☐ blender

Directions

- ☐ Toss together peaches and sugar in a small bowl. Cover mixture, and chill 10 minutes.
- ☐ Process peach mixture and juices in a blender until smooth.
- ☐ Pour into 14 (1/4-cup) plastic pop molds. Insert plastic pop sticks; freeze at least 4 hours.
- ☐ *Frozen peaches, partially thawed, may be substituted.
- ☐ Add 3 cups ice cubes to blender with peach mixture and juices. Process until ice is finely ground.
- ☐ Serve immediately, or freeze for later use.

Nutrition Facts



Properties

Glycemic Index:11.17, Glycemic Load:4.56, Inflammation Score:-1, Nutrition Score:1.2765217410481%

Flavonoids

Cyanidin: 0.42mg, Cyanidin: 0.42mg, Cyanidin: 0.42mg, Cyanidin: 0.42mg Catechin: 1.08mg, Catechin: 1.08mg, Catechin: 1.08mg, Catechin: 1.08mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 0.51mg, Epicatechin: 0.51mg, Epicatechin: 0.51mg, Epicatechin: 0.51mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 35.14kcal (1.76%), Fat: 0.1g (0.15%), Saturated Fat: 0.01g (0.04%), Carbohydrates: 8.75g (2.92%), Net Carbohydrates: 8.37g (3.04%), Sugar: 7.68g (8.53%), Cholesterol: 0mg (0%), Sodium: 3.36mg (0.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.28g (0.57%), Manganese: 0.13mg (6.35%), Vitamin C: 3.56mg (4.32%), Copper: 0.03mg (1.65%), Potassium: 57.23mg (1.64%), Fiber: 0.38g (1.51%), Vitamin A: 72.91IU (1.46%), Vitamin B6: 0.03mg (1.42%), Folate: 5.58µg (1.4%), Vitamin B1: 0.02mg (1.24%), Magnesium: 4.52mg (1.13%), Vitamin B3: 0.22mg (1.12%), Vitamin E: 0.17mg (1.11%)