

Peach-Vanilla Cream Pops

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



148 kcal

DESSERT

Ingredients

- 2 tablespoons amaretto
- 0.5 cup cup heavy whipping cream chilled
- 4 cups peaches ripe peeled sliced (4 medium)
- 0.5 cup sugar
- 1 vanilla pod halved lengthwise
- 0.3 cup greek yogurt greek-style

Equipment

- sauce pan

whisk

sieve

Directions

Place sugar and 1/2 cup water in a small saucepan. Scrape in seeds from vanilla bean; add bean. Bring to a boil over high heat, stirring until sugar dissolves.

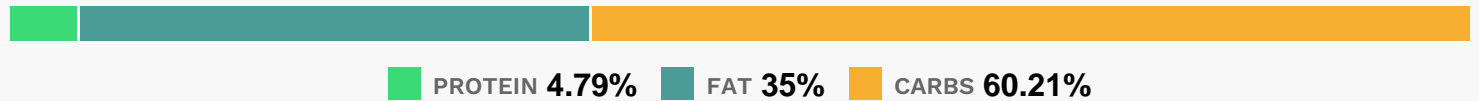
Transfer syrup to a small bowl; chill. Discard vanilla bean.

Purée syrup and peaches in a food processor until smooth. Set a fine-mesh strainer over a medium pitcher; strain, pressing on solids to extract about 2 1/4 cups purée.

Whisk in remaining ingredients. Divide among molds. Cover; insert ice-pop sticks. Freeze until firm. Dip bottoms of molds into hot water for 20–30 seconds to loosen pops.

Remove pops from molds and serve.

Nutrition Facts



Properties

Glycemic Index: 13.79, Glycemic Load: 11.39, Inflammation Score: -4, Nutrition Score: 2.8399999867315%

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 Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

Nutrients (% of daily need)

Calories: 147.87kcal (7.39%), Fat: 5.75g (8.84%), Saturated Fat: 3.45g (21.54%), Carbohydrates: 22.24g (7.41%), Net Carbohydrates: 21.09g (7.67%), Sugar: 20.78g (23.09%), Cholesterol: 17.12mg (5.71%), Sodium: 16.7mg (0.73%), Alcohol: 0.98g (100%), Alcohol %: 1.07% (100%), Protein: 1.77g (3.54%), Vitamin A: 469.93IU (9.4%), Vitamin E: 0.7mg (4.66%), Fiber: 1.15g (4.62%), Vitamin B2: 0.07mg (4.25%), Selenium: 2.77µg (3.95%), Vitamin C: 3.25mg (3.93%), Phosphorus: 34.29mg (3.43%), Potassium: 118.26mg (3.38%), Copper: 0.07mg (3.26%), Vitamin B3: 0.65mg (3.24%), Vitamin K: 2.79µg (2.65%), Manganese: 0.05mg (2.44%), Magnesium: 8mg (2%), Calcium: 20mg (2%), Vitamin B5: 0.18mg (1.76%), Zinc: 0.25mg (1.66%), Iron: 0.29mg (1.61%), Vitamin D: 0.24µg (1.59%), Vitamin B1: 0.02mg (1.53%), Vitamin B6: 0.03mg (1.42%), Folate: 5.65µg (1.41%), Vitamin B12: 0.07µg (1.13%)