



Peaches and Cream Yogurt Pops

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



8

CALORIES



94 kcal

DESSERT

Ingredients

- ☐ 2 tablespoons amaretto
- ☐ 0.5 cup superfine granulated sugar
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 1 pound peaches ripe chopped
- ☐ 0.3 cup water
- ☐ 5 ounces yogurt greek-style

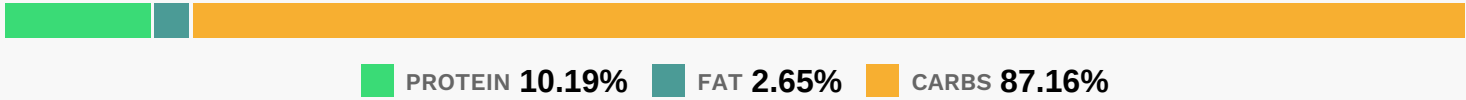
Equipment

- ☐ blender

Directions

- ☐ Purée all ingredients with 1/8 teaspoon salt in a blender until smooth.
- ☐ Pour into molds. Freeze 30 minutes. Insert sticks, then freeze until firm, about 24 hours.

Nutrition Facts



Properties

Glycemic Index:13.79, Glycemic Load:10.69, Inflammation Score:-2, Nutrition Score:2.1860869604608%

Flavonoids

Cyanidin: 1.09mg, Cyanidin: 1.09mg, Cyanidin: 1.09mg, Cyanidin: 1.09mg Catechin: 2.79mg, Catechin: 2.79mg, Catechin: 2.79mg, Catechin: 2.79mg Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg Epicatechin: 1.33mg, Epicatechin: 1.33mg, Epicatechin: 1.33mg, Epicatechin: 1.33mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg

Nutrients (% of daily need)

Calories: 94.43kcal (4.72%), Fat: 0.27g (0.42%), Saturated Fat: 0.03g (0.21%), Carbohydrates: 20.07g (6.69%), Net Carbohydrates: 19.22g (6.99%), Sugar: 19.03g (21.15%), Cholesterol: 0.89mg (0.3%), Sodium: 14.67mg (0.64%), Alcohol: 0.98g (100%), Alcohol %: 1.22% (100%), Protein: 2.35g (4.69%), Selenium: 3.03µg (4.33%), Vitamin B2: 0.07mg (4.13%), Vitamin A: 185.59IU (3.71%), Phosphorus: 36.85mg (3.68%), Fiber: 0.85g (3.41%), Vitamin C: 2.57mg (3.11%), Vitamin E: 0.42mg (2.78%), Potassium: 96.17mg (2.75%), Copper: 0.05mg (2.56%), Vitamin B3: 0.5mg (2.5%), Calcium: 22.43mg (2.24%), Vitamin B12: 0.12µg (2.07%), Manganese: 0.04mg (1.87%), Magnesium: 6.73mg (1.68%), Vitamin K: 1.7µg (1.62%), Zinc: 0.23mg (1.52%), Vitamin B5: 0.15mg (1.46%), Vitamin B6: 0.03mg (1.29%), Vitamin B1: 0.02mg (1.19%), Folate: 4.77µg (1.19%), Iron: 0.21mg (1.19%)