



## Peaches 'n' Cream Ice Pops

 Vegetarian  Gluten Free

READY IN



380 min.

SERVINGS



10

CALORIES



145 kcal

DESSERT

### Ingredients

- 0.5 cup granulated sugar
- 0.3 cup cup heavy whipping cream
- 0.7 cup mascarpone cheese
- 1 pound peaches yellow ripe ( 3 medium)
- 0.1 teaspoon salt fine

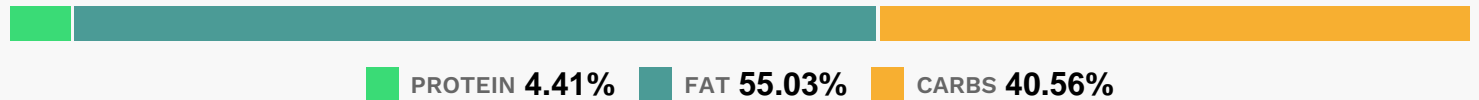
### Equipment

- blender
- ziploc bags

## Directions

- Halve and pit the peaches.
- Cut the halves into 1/4-inch dice until you have 1 cup.
- Place the diced peaches in a large resealable plastic bag; set aside.
- Cut the remaining peach halves into rough 1-inch chunks and place in a blender.
- Add the remaining ingredients and blend until smooth, stopping the blender to scrape down the sides as needed.
- Pour the mixture into the bag with the diced peaches and stir to combine.
- Cut about 1/2 to 3/4 inch off of one corner of the bag (pinch the opening closed so that the ice-pop base doesn't run out) and then squeeze even amounts of the mixture into the freezer pop molds. Tap the molds a few times on the counter to release any bubbles. Insert the sticks and freeze until solid, at least 6 hours.

## Nutrition Facts



## Properties

Glycemic Index:11.03, Glycemic Load:8.55, Inflammation Score:-3, Nutrition Score:1.6847826099914%

## Flavonoids

Cyanidin: 0.87mg, Cyanidin: 0.87mg, Cyanidin: 0.87mg, Cyanidin: 0.87mg Catechin: 2.23mg, Catechin: 2.23mg, Catechin: 2.23mg, Catechin: 2.23mg Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg Epicatechin: 1.06mg, Epicatechin: 1.06mg, Epicatechin: 1.06mg, Epicatechin: 1.06mg Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

## Nutrients (% of daily need)

Calories: 145.28kcal (7.26%), Fat: 9.05g (13.93%), Saturated Fat: 5.58g (34.86%), Carbohydrates: 15.01g (5%), Net Carbohydrates: 14.33g (5.21%), Sugar: 13.96g (15.51%), Cholesterol: 21.72mg (7.24%), Sodium: 44.92mg (1.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.63g (3.26%), Vitamin A: 445.34IU (8.91%), Fiber: 0.68g (2.72%), Calcium: 26.86mg (2.69%), Vitamin E: 0.39mg (2.57%), Vitamin C: 1.9mg (2.3%), Vitamin B3: 0.37mg (1.85%), Copper: 0.04mg (1.84%), Potassium: 61.2mg (1.75%), Selenium: 1.19µg (1.7%), Vitamin B2: 0.03mg (1.6%), Vitamin K: 1.55µg (1.48%), Manganese: 0.03mg (1.41%), Phosphorus: 13.43mg (1.34%), Magnesium: 4.05mg (1.01%)