



Peachy Pops

 Gluten Free  Dairy Free

READY IN



190 min.

SERVINGS



10

CALORIES



104 kcal

DESSERT

Ingredients

- 1.5 cups soymilk
- 2 cups peaches frozen thawed sliced
- 3 tablespoons honey
- 10 you will also need: parchment paper (3-oz size)
- 10 celery stalks (with round ends)
- 1 serving frangelico

Equipment

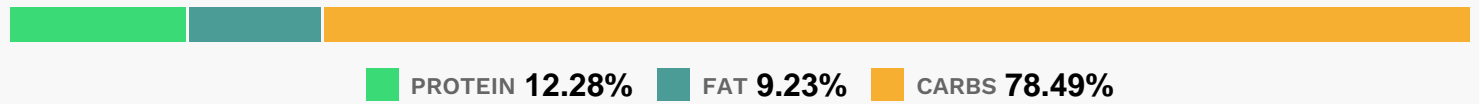
- frying pan

- blender
- aluminum foil

Directions

- In blender, place soymilk, peaches and honey. Cover; blend on high speed about 1 minute or until smooth.
- Place paper cups in rectangular pan; pour peach mixture into paper cups. Cover top of each cup with foil; insert stick through foil into each pop.
- Freeze 2 to 3 hours or until firm. To serve, remove cups.

Nutrition Facts



Properties

Glycemic Index:15.79, Glycemic Load:4.15, Inflammation Score:-3, Nutrition Score:5.2013043502103%

Flavonoids

Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg Catechin: 1.52mg, Catechin: 1.52mg, Catechin: 1.52mg, Catechin: 1.52mg Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg Epicatechin: 0.72mg, Epicatechin: 0.72mg, Epicatechin: 0.72mg, Epicatechin: 0.72mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 103.87kcal (5.19%), Fat: 1.08g (1.66%), Saturated Fat: 0.13g (0.82%), Carbohydrates: 20.64g (6.88%), Net Carbohydrates: 19.62g (7.13%), Sugar: 8.71g (9.67%), Cholesterol: 1.71mg (0.57%), Sodium: 133.84mg (5.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.23g (6.46%), Vitamin B3: 2.46mg (12.32%), Selenium: 6.89µg (9.84%), Vitamin B2: 0.16mg (9.21%), Vitamin B1: 0.13mg (8.59%), Folate: 31.08µg (7.77%), Vitamin E: 1.13mg (7.52%), Manganese: 0.15mg (7.46%), Vitamin B12: 0.39µg (6.44%), Calcium: 61.7mg (6.17%), Iron: 0.95mg (5.28%), Vitamin A: 260.15IU (5.2%), Vitamin B6: 0.1mg (5.02%), Copper: 0.1mg (4.96%), Vitamin C: 3.97mg (4.81%), Fiber: 1.02g (4.09%), Potassium: 116.75mg (3.34%), Vitamin D: 0.42µg (2.83%), Phosphorus: 23.38mg (2.34%), Zinc: 0.31mg (2.07%), Vitamin K: 2.1µg (2%), Magnesium: 6.83mg (1.71%)