



Peachy Pops

 **Gluten Free**  **Dairy Free**

READY IN



190 min.

SERVINGS



10

CALORIES



210 kcal

DESSERT

Ingredients

- 10 celery stalks (with round ends)
- 3 tablespoons honey
- 10 peanut butter cups (3-oz size)
- 2 cups peaches (frozen thawed sliced)
- 1.5 cups vanilla
- 10 servings frangelico
- 10 servings frangelico

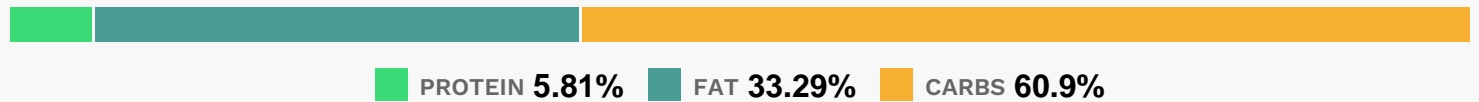
Equipment

- 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:12.45, Glycemic Load:3.79, Inflammation Score:-2, Nutrition Score:2.7060869362043%

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: 210.05kcal (10.5%), Fat: 5.29g (8.14%), Saturated Fat: 1.83g (11.44%), Carbohydrates: 21.79g (7.26%), Net Carbohydrates: 20.64g (7.5%), Sugar: 19.78g (21.98%), Cholesterol: 1.02mg (0.34%), Sodium: 70.95mg (3.08%), Alcohol: 10.73g (100%), Alcohol %: 15.23% (100%), Protein: 2.08g (4.16%), Vitamin B3: 1.16mg (5.82%), Manganese: 0.1mg (4.99%), Fiber: 1.15g (4.6%), Copper: 0.09mg (4.55%), Potassium: 155.74mg (4.45%), Magnesium: 17.31mg (4.33%), Phosphorus: 37.23mg (3.72%), Vitamin B2: 0.06mg (3.68%), Folate: 11.91µg (2.98%), Vitamin B1: 0.04mg (2.59%), Vitamin A: 127.89IU (2.56%), Vitamin K: 2.44µg (2.32%), Zinc: 0.34mg (2.28%), Iron: 0.38mg (2.12%), Calcium: 19.9mg (1.99%), Vitamin B6: 0.04mg (1.86%), Vitamin B5: 0.18mg (1.78%), Vitamin C: 1.47mg (1.78%), Vitamin E: 0.26mg (1.74%), Selenium: 0.95µg (1.36%)