



## Peanut Butter Ice Pops



Gluten Free



Popular

READY IN



300 min.

SERVINGS



6

CALORIES



409 kcal

DESSERT

## Ingredients

- ☐ 1 slices banana sliced per pop)
- ☐ 1 tablespoons chocolate chips mini per pop)
- ☐ 0.3 cup honey
- ☐ 0.5 cup vanilla yogurt
- ☐ 0.3 cup milk
- ☐ 0.5 cup blueberries
- ☐ 1.3 cup creamy peanut butter (I used Peanut Butter & Co. Smooth Operator)

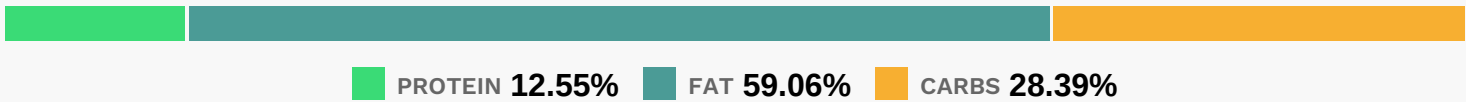
## Equipment

- ☐ mixing bowl
- ☐ blender
- ☐ butter knife

## Directions

- ☐ To prepare the Peanut Butter Ice Pop bases, combine the yogurt and milk in a blender and pulse until smooth. Use the lowest setting to continuously blend the mixture and gently add the peanut butter by the spoonful and then stream in the honey (if using).
- ☐ Transfer the ice pop base to a large mixing bowl and clean the pitcher and repeat process for the Berry Swirl-In Base.
- ☐ To prepare the ice pop, fill each mold about 2/3 with the Peanut Butter Ice Pop Base. Gently add the Berry Swirl-In Base until the mold is almost, but not quite full. Remember that the ice pop handle's stick will take up some of the volume, and the liquids will expand slightly during freezing. Use the tip of a spoon or butter knife to gently swirl the contents of each cavity, lightly scraping the inside walls of the mold to create a marbled or swirled effect.
- ☐ Freeze for at least four hours or until firm. To unmold, run outside of mold under warm water and then gently pull handle. Enjoy immediately.

## Nutrition Facts



## Properties

Glycemic Index:33.18, Glycemic Load:8.46, Inflammation Score:-5, Nutrition Score:12.28173914163%

## Flavonoids

Cyanidin: 1.04mg, Cyanidin: 1.04mg, Cyanidin: 1.04mg, Cyanidin: 1.04mg Petunidin: 3.89mg, Petunidin: 3.89mg, Petunidin: 3.89mg, Petunidin: 3.89mg Delphinidin: 4.37mg, Delphinidin: 4.37mg, Delphinidin: 4.37mg, Delphinidin: 4.37mg Malvidin: 8.34mg, Malvidin: 8.34mg, Malvidin: 8.34mg, Malvidin: 8.34mg Peonidin: 2.5mg, Peonidin: 2.5mg, Peonidin: 2.5mg, Peonidin: 2.5mg Catechin: 0.82mg, Catechin: 0.82mg, Catechin: 0.82mg, Catechin: 0.82mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 409.23kcal (20.46%), Fat: 28.68g (44.12%), Saturated Fat: 6.15g (38.44%), Carbohydrates: 31.02g (10.34%), Net Carbohydrates: 27.98g (10.18%), Sugar: 23.66g (26.29%), Cholesterol: 2.62mg (0.87%), Sodium: 250.34mg (10.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.72g (27.43%), Manganese: 0.85mg (42.46%), Vitamin B3: 7.27mg (36.34%), Vitamin E: 4.98mg (33.19%), Magnesium: 97.07mg (24.27%), Phosphorus: 222.68mg (22.27%), Vitamin B6: 0.27mg (13.68%), Folate: 50.03µg (12.51%), Fiber: 3.04g (12.16%), Copper: 0.24mg (12.14%), Potassium: 389.5mg (11.13%), Zinc: 1.63mg (10.87%), Vitamin B2: 0.17mg (10.01%), Calcium: 78.38mg (7.84%), Vitamin B5: 0.75mg (7.54%), Vitamin B1: 0.09mg (6.26%), Iron: 1.08mg (5.98%), Selenium: 3.55µg (5.07%), Vitamin B12: 0.16µg (2.72%), Vitamin K: 2.61µg (2.48%), Vitamin C: 1.68mg (2.03%)