



## Pineapple-Berry Ice Pops



Gluten Free



Dairy Free

READY IN



12 min.

SERVINGS



12

CALORIES



35 kcal

### Ingredients

- ☐ 0.3 cup apple juice unsweetened
- ☐ 1 cup blueberries fresh
- ☐ 2 cups pineapple cubes fresh
- ☐ 1 tablespoon honey

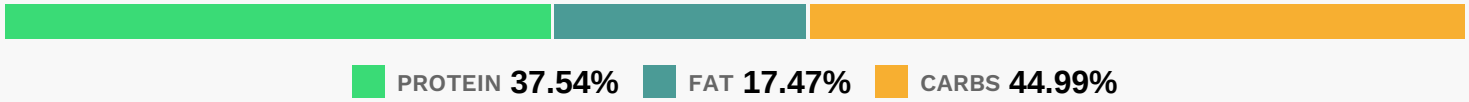
### Equipment

- ☐ blender

### Directions

- ☐
- Combine first 3 ingredients in a blender, and process until smooth.
- ☐
- Pour mixture evenly into 6 (3-ounce) ice pop molds, leaving about 1 to 2 tablespoons pure in blender.
- ☐
- Add blueberries to blender with reserved pure. Process until well blended; pour over pineapple mixture in ice pop molds. Insert wooden sticks, and cover if necessary to hold wooden sticks upright. Freeze 4 hours or until firm.

Nutrition Facts



Properties

Glycemic Index:11.52, Glycemic Load:1.64, Inflammation Score:-1, Nutrition Score:0.6486956525756%

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: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg 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: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg 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: 35.31kcal (1.77%), Fat: 0.72g (1.12%), Saturated Fat: 0g (0.02%), Carbohydrates: 4.2g (1.4%), Net Carbohydrates: 3.89g (1.42%), Sugar: 3.49g (3.88%), Cholesterol: 10.18mg (3.39%), Sodium: 247.97mg (10.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.51g (7.01%), Manganese: 0.07mg (3.38%), Vitamin K: 2.4µg (2.28%), Vitamin C: 1.7mg (2.06%), Fiber: 0.31g (1.24%)