



Rainbow Fruit Pops

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



49 kcal

DESSERT

Ingredients

- 1.5 cups blackberries fresh thawed
- 1.5 cups wedges honeydew melon cubed
- 1 cup peaches peeled sliced
- 1 dash salt
- 1 tablespoon sugar

Equipment

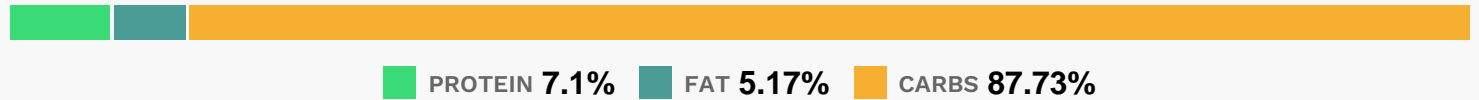
- bowl
- sieve

- blender
- popsicle molds

Directions

- Place blackberries and sugar in blender, and process until smooth. Strain the mixture through a fine mesh sieve into a bowl; discard solids. Set blackberry puree aside. Puree the peaches in a blender; set aside. Puree honeydew and salt; set aside.
- Spoon 2 tablespoons blackberry mixture into 6 (3-ounce) popsicle molds.
- Layer on 2 tablespoons peach puree. Spoon 2 tablespoons honeydew puree on top of peach layer.
- Place sticks in center of molds. Freeze 6 hours or until thoroughly frozen.

Nutrition Facts



Properties

Glycemic Index:22.56, Glycemic Load:2.67, Inflammation Score:-4, Nutrition Score:4.2347825454629%

Flavonoids

Cyanidin: 36.47mg, Cyanidin: 36.47mg, Cyanidin: 36.47mg, Cyanidin: 36.47mg Pelargonidin: 0.16mg, Pelargonidin: 0.16mg, Pelargonidin: 0.16mg, Pelargonidin: 0.16mg Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg Catechin: 14.6mg, Catechin: 14.6mg, Catechin: 14.6mg, Catechin: 14.6mg Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg Epicatechin: 2.28mg, Epicatechin: 2.28mg, Epicatechin: 2.28mg, Epicatechin: 2.28mg Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 1.46mg, Quercetin: 1.46mg, Quercetin: 1.46mg, Quercetin: 1.46mg

Nutrients (% of daily need)

Calories: 49.26kcal (2.46%), Fat: 0.31g (0.48%), Saturated Fat: 0.03g (0.16%), Carbohydrates: 11.91g (3.97%), Net Carbohydrates: 9.27g (3.37%), Sugar: 9.36g (10.4%), Cholesterol: 0mg (0%), Sodium: 17.83mg (0.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.96g (1.93%), Vitamin C: 16.26mg (19.71%), Manganese: 0.26mg (12.99%), Fiber: 2.63g (10.53%), Vitamin K: 9.13µg (8.7%), Potassium: 186.57mg (5.33%), Folate: 18.61µg (4.65%), Copper: 0.09mg (4.49%), Vitamin E: 0.62mg (4.11%), Vitamin A: 181.96IU (3.64%), Magnesium: 13.5mg (3.38%), Vitamin B3: 0.62mg (3.09%), Vitamin B6: 0.05mg (2.73%), Iron: 0.38mg (2.13%), Vitamin B5: 0.2mg (2.05%), Vitamin B1: 0.03mg

(1.97%), Zinc: 0.29mg (1.92%), Phosphorus: 18.24mg (1.82%), Selenium: 0.99µg (1.42%), Calcium: 14.04mg (1.4%),
Vitamin B2: 0.02mg (1.34%)