



Raspberry-Banana-Yogurt Freezer Pops

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



10

CALORIES



102 kcal

DESSERT

Ingredients

- ☐ 1 banana
- ☐ 10 servings craft sticks
- ☐ 0.5 cup honey
- ☐ 1 cup vanilla yogurt low-fat
- ☐ 3 cups raspberries fresh

Equipment

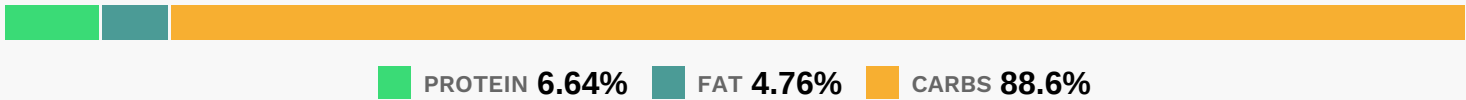
- ☐ bowl
- ☐ sauce pan

- ☐ sieve
- ☐ blender

Directions

- ☐ Process yogurt and banana in a blender 30 seconds or until smooth. Bring raspberries and honey to a boil in a medium saucepan over medium-high heat; reduce heat to low, and simmer 5 minutes.
- ☐ Pour mixture through a fine wire-mesh strainer into a bowl, using back of spoon to squeeze out juice and pulp. Discard skins and seeds. Cover and chill raspberry mixture 30 minutes.
- ☐ Pour yogurt mixture evenly into 10 (2-oz.) pop molds. Top with raspberry mixture, and swirl, if desired. Top with lid of pop mold, and insert craft sticks, leaving 1 1/2 to 2 inches sticking out of pop. Freeze 6 hours or until sticks are solidly anchored and pops are completely frozen.
- ☐ Tip: For a different taste, substitute 3 cups fresh or frozen blueberries or halved strawberries.

Nutrition Facts



Properties

Glycemic Index:16.51, Glycemic Load:9.1, Inflammation Score:-2, Nutrition Score:4.0343478218369%

Flavonoids

Cyanidin: 16.48mg, Cyanidin: 16.48mg, Cyanidin: 16.48mg, Cyanidin: 16.48mg Petunidin: 0.11mg, Petunidin: 0.11mg, Petunidin: 0.11mg, Petunidin: 0.11mg Delphinidin: 0.48mg, Delphinidin: 0.48mg, Delphinidin: 0.48mg, Delphinidin: 0.48mg Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Pelargonidin: 0.35mg, Pelargonidin: 0.35mg, Pelargonidin: 0.35mg, Pelargonidin: 0.35mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 1.19mg, Catechin: 1.19mg, Catechin: 1.19mg, Catechin: 1.19mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 1.27mg, Epicatechin: 1.27mg, Epicatechin: 1.27mg, Epicatechin: 1.27mg Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg

Nutrients (% of daily need)

Calories: 101.71kcal (5.09%), Fat: 0.58g (0.89%), Saturated Fat: 0.22g (1.36%), Carbohydrates: 24.35g (8.12%), Net Carbohydrates: 21.66g (7.87%), Sugar: 20.34g (22.6%), Cholesterol: 1.23mg (0.41%), Sodium: 18.13mg (0.79%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.83g (3.65%), Manganese: 0.29mg (14.43%), Vitamin C: 10.77mg (13.05%), Fiber: 2.7g (10.79%), Calcium: 52.9mg (5.29%), Phosphorus: 47.03mg (4.7%), Potassium: 161.67mg (4.62%), Vitamin B2: 0.08mg (4.62%), Vitamin B6: 0.08mg (3.95%), Magnesium: 15.48mg (3.87%), Folate: 13.31µg (3.33%), Vitamin B5: 0.31mg (3.07%), Vitamin K: 3.18µg (3.03%), Zinc: 0.41mg (2.74%), Copper: 0.05mg (2.56%), Vitamin E: 0.33mg (2.22%), Selenium: 1.53µg (2.19%), Vitamin B12: 0.13µg (2.16%), Iron: 0.37mg (2.05%), Vitamin B3: 0.34mg (1.72%), Vitamin B1: 0.03mg (1.71%)