

Raspberry Chocolate Ice Pops

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



300 min.

SERVINGS



8

CALORIES



102 kcal

DESSERT

Ingredients

- 0.3 cup plus
- 0.3 cup plus light
- 1 tablespoon raspberry liqueur (raspberry liqueur; optional)
- 2 teaspoons juice of lemon fresh to taste
- 1.3 cups raspberries fresh
- 3 tablespoons sugar
- 0.3 cup cocoa powder unsweetened (preferably Dutch-process)
- 0.5 teaspoon vanilla extract pure

- 0.8 cup water

Equipment

- bowl
- sauce pan
- whisk
- sieve
- blender
- plastic wrap

Directions

- Blend together all raspberry-ice ingredients in a blender until smooth. Force thorough a fine-mesh sieve set over a bowl, discarding solids.
- Bring water, corn syrup, and sugar to a boil in a small saucepan, stirring until sugar is dissolved.
- Whisk in cocoa and a pinch of salt, then whisk in vanilla.
- Transfer to a metal bowl. Quick-chill by setting bowl in a larger bowl of ice and cold water and stirring occasionally until cold, about 15 minutes.
- Divide half of raspberry purée among molds, then freeze until partially frozen, about 20 minutes. Divide all of chocolate mixture among molds (layers may run into each other a little) and freeze again until partially frozen (not hard), about 30 minutes.
- Fill molds with remaining raspberry purée, then place cover on molds and insert sticks at least thorough middle layer, making sure they are straight (important for removing top when unmolding). Freeze until completely firm, at least 3 hours.
- Put molds in a container with room-temperature water up to 1/4 inch from top of molds.
- Let stand 30 seconds, then remove cover and pull out pops.
- Serve immediately or wrap individually in plastic wrap and freeze until ready to serve.
- Feel free to vary the order and amounts of the flavors when making layers.· Ice pops can be made 1 week ahead.

Nutrition Facts



■ PROTEIN 3.29% ■ FAT 5.39% ■ CARBS 91.32%

Properties

Glycemic Index:16.76, Glycemic Load:6.51, Inflammation Score:-2, Nutrition Score:2.9030434826146%

Flavonoids

Cyanidin: 8.58mg, Cyanidin: 8.58mg, Cyanidin: 8.58mg, Cyanidin: 8.58mg Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 0.18mg, Pelargonidin: 0.18mg, Pelargonidin: 0.18mg, Pelargonidin: 0.18mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 2.57mg, Catechin: 2.57mg, Catechin: 2.57mg, Catechin: 2.57mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 7.7mg, Epicatechin: 7.7mg, Epicatechin: 7.7mg, Epicatechin: 7.7mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg

Nutrients (% of daily need)

Calories: 102.33kcal (5.12%), Fat: 0.68g (1.04%), Saturated Fat: 0.3g (1.85%), Carbohydrates: 25.88g (8.63%), Net Carbohydrates: 23.33g (8.48%), Sugar: 22.42g (24.91%), Cholesterol: 0mg (0%), Sodium: 15.49mg (0.67%), Alcohol: 0.57g (100%), Alcohol %: 0.99% (100%), Caffeine: 8.73mg (2.91%), Protein: 0.93g (1.87%), Manganese: 0.26mg (13.22%), Fiber: 2.55g (10.19%), Copper: 0.16mg (7.88%), Vitamin C: 5.4mg (6.54%), Magnesium: 22.6mg (5.65%), Iron: 0.63mg (3.51%), Phosphorus: 31.97mg (3.2%), Zinc: 0.42mg (2.8%), Potassium: 85.3mg (2.44%), Vitamin K: 1.55µg (1.48%), Vitamin B1: 0.02mg (1.45%), Folate: 5.33µg (1.33%), Calcium: 12.88mg (1.29%), Vitamin E: 0.17mg (1.12%), Selenium: 0.73µg (1.05%), Vitamin B2: 0.02mg (1.02%)