



Raspberry Lemonade Ice Pops

 Gluten Free

READY IN



150 min.

SERVINGS



6

CALORIES



124 kcal

Ingredients

- ☐ 6 oz pink lemonade kool-aid light fat free yoplait®
- ☐ 0.5 cup raspberries frozen
- ☐ 6 you will also need: parchment paper (5-oz size)
- ☐ 12 oz vanilla yogurt light fat free yoplait®
- ☐ 6 celery stalks with round ends

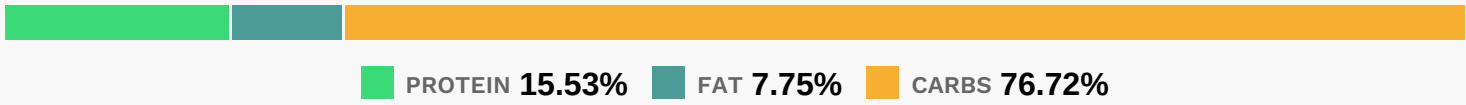
Equipment

- ☐ blender

Directions

- ☐ In blender, place raspberry lemonade yogurt and frozen raspberries. Cover; blend on medium speed until smooth.
- ☐ Divide raspberry mixture evenly among paper cups. Top with vanilla yogurt.
- ☐ Place cups in freezer about 20 minutes or until partially frozen. Insert 1 stick in each cup. Freeze 1 1/2 to 2 hours longer or until completely frozen.
- ☐ To eat, peel off paper cups.

Nutrition Facts



Properties

Glycemic Index:20.42, Glycemic Load:2.48, Inflammation Score:-2, Nutrition Score:5.0365217405817%

Flavonoids

Cyanidin: 4.58mg, Cyanidin: 4.58mg, Cyanidin: 4.58mg, Cyanidin: 4.58mg Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg Delphinidin: 0.13mg, Delphinidin: 0.13mg, Delphinidin: 0.13mg, Delphinidin: 0.13mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 0.1mg, Pelargonidin: 0.1mg, Pelargonidin: 0.1mg, Pelargonidin: 0.1mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 0.35mg, Epicatechin: 0.35mg, Epicatechin: 0.35mg, Epicatechin: 0.35mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 123.62kcal (6.18%), Fat: 1.07g (1.64%), Saturated Fat: 0.51g (3.19%), Carbohydrates: 23.73g (7.91%), Net Carbohydrates: 22.67g (8.24%), Sugar: 11.67g (12.97%), Cholesterol: 4.55mg (1.51%), Sodium: 151.2mg (6.57%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 4.8g (9.61%), Selenium: 8.17µg (11.67%), Vitamin B2: 0.19mg (11.29%), Calcium: 109.99mg (11%), Manganese: 0.19mg (9.73%), Phosphorus: 95.79mg (9.58%), Vitamin B1: 0.13mg (8.43%), Folate: 26.12µg (6.53%), Vitamin B3: 1.16mg (5.82%), Vitamin B12: 0.3µg (5.07%), Potassium: 165.25mg (4.72%), Zinc: 0.65mg (4.35%), Fiber: 1.06g (4.22%), Iron: 0.76mg (4.19%), Vitamin C: 3.2mg (3.88%), Magnesium: 15.51mg (3.88%), Vitamin B5: 0.36mg (3.6%), Copper: 0.05mg (2.29%), Vitamin B6: 0.04mg (1.98%), Vitamin K: 2.01µg (1.91%)