



Raspberry Lemonade Pops

 Vegetarian  Gluten Free

READY IN



495 min.

SERVINGS



8

CALORIES



100 kcal

Ingredients

- 10 ice cubes (with round ends)
- 12 oz lemonade concentrate (frozen canned)
- 1 cup raspberries (fresh)
- 1 cup water
- 0.5 cup yogurt (plain yoplait®)

Equipment

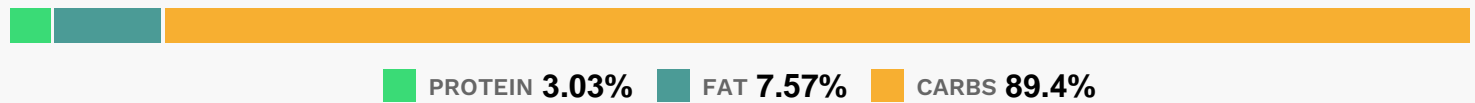
- bowl
- sauce pan
- sieve

- blender
- aluminum foil

Directions

- In 1-quart saucepan, heat lemonade concentrate and water over medium heat just until lemonade concentrate is completely thawed; remove from heat. Cool. In blender, place 3/4 cup of the lemonade mixture, 1/2 cup of the raspberries and 1/4 cup of the yogurt. Cover; blend on medium speed until smooth. Press mixture through small strainer into medium bowl to remove seeds.
- Divide mixture evenly among ice pop molds. Freeze 4 hours or until firm.
- Divide remaining 1/2 cup raspberries evenly among molds. In small bowl, mix 1 cup lemonade mixture and remaining 1/4 cup yogurt. Divide evenly among molds. Cover each mold with foil; insert stick into each pop. Freeze 4 hours or until firm.
- To serve, remove pops from molds.

Nutrition Facts



Properties

Glycemic Index:5.63, Glycemic Load:0.35, Inflammation Score:-1, Nutrition Score:2.0247825957511%

Flavonoids

Cyanidin: 6.87mg, Cyanidin: 6.87mg, Cyanidin: 6.87mg, Cyanidin: 6.87mg Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 0.15mg, Pelargonidin: 0.15mg, Pelargonidin: 0.15mg, Pelargonidin: 0.15mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.53mg, Epicatechin: 0.53mg, Epicatechin: 0.53mg, Epicatechin: 0.53mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 100.49kcal (5.02%), Fat: 0.89g (1.37%), Saturated Fat: 0.33g (2.09%), Carbohydrates: 23.72g (7.91%), Net Carbohydrates: 22.62g (8.22%), Sugar: 20.3g (22.56%), Cholesterol: 1.99mg (0.66%), Sodium: 12.52mg (0.54%),

Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.8g (1.61%), Vitamin C: 9.58mg (11.61%), Manganese: 0.11mg (5.33%), Fiber: 1.1g (4.41%), Calcium: 26.67mg (2.67%), Potassium: 77mg (2.2%), Phosphorus: 21.87mg (2.19%), Magnesium: 8.58mg (2.15%), Folate: 7.2µg (1.8%), Vitamin B2: 0.03mg (1.61%), Vitamin B5: 0.16mg (1.58%), Copper: 0.03mg (1.4%), Vitamin K: 1.29µg (1.22%), Vitamin E: 0.18mg (1.19%), Vitamin B1: 0.02mg (1.18%), Zinc: 0.18mg (1.17%), Vitamin B6: 0.02mg (1.08%)