



## Raspberry-Mint Ice Pops

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



495 min.

SERVINGS



9

CALORIES



57 kcal

DESSERT

### Ingredients

- 1 tablespoon juice of lemon fresh
- 0.3 cup mint leaves
- 4 cups raspberries
- 0.3 cup sugar
- 0.3 cup water

### Equipment

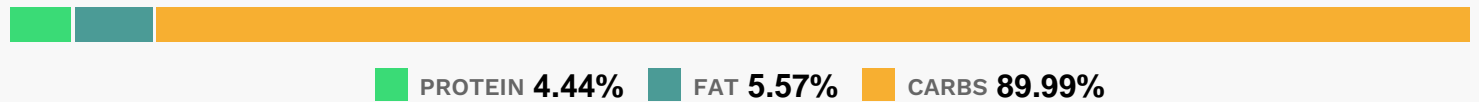
- bowl
- sauce pan

- sieve
- blender

## Directions

- Combine sugar, 1/4 cup water, and mint in a small saucepan over medium heat; cook 4 minutes or until sugar dissolves, stirring frequently.
- Let stand 30 minutes. Strain through a sieve over a bowl; discard solids.
- Combine mint syrup, berries, and juice in a blender; process until smooth.
- Divide mixture evenly among 9 (4-ounce) ice-pop molds. Top with lid; insert craft sticks. Freeze pops overnight or until set.

## Nutrition Facts



## Properties

Glycemic Index:10.68, Glycemic Load:5.92, Inflammation Score:-2, Nutrition Score:3.771304346945%

## Flavonoids

Cyanidin: 24.41mg, Cyanidin: 24.41mg, Cyanidin: 24.41mg, Cyanidin: 24.41mg Petunidin: 0.17mg, Petunidin: 0.17mg, Petunidin: 0.17mg, Petunidin: 0.17mg Delphinidin: 0.7mg, Delphinidin: 0.7mg, Delphinidin: 0.7mg, Delphinidin: 0.7mg Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg Pelargonidin: 0.52mg, Pelargonidin: 0.52mg, Pelargonidin: 0.52mg, Pelargonidin: 0.52mg Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg Catechin: 0.7mg, Catechin: 0.7mg, Catechin: 0.7mg, Catechin: 0.7mg Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg Epicatechin: 1.88mg, Epicatechin: 1.88mg, Epicatechin: 1.88mg, Epicatechin: 1.88mg Epigallocatechin 3-gallate: 0.29mg, Epigallocatechin 3-gallate: 0.29mg, Epigallocatechin 3-gallate: 0.29mg, Epigallocatechin 3-gallate: 0.29mg Eriodictyol: 0.47mg, Eriodictyol: 0.47mg, Eriodictyol: 0.47mg, Eriodictyol: 0.47mg Hesperetin: 0.37mg, Hesperetin: 0.37mg, Hesperetin: 0.37mg, Hesperetin: 0.37mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg

## Nutrients (% of daily need)

Calories: 57.49kcal (2.87%), Fat: 0.39g (0.59%), Saturated Fat: 0.01g (0.09%), Carbohydrates: 14.03g (4.68%), Net Carbohydrates: 10.45g (3.8%), Sugar: 9.79g (10.88%), Cholesterol: 0mg (0%), Sodium: 1.34mg (0.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.69g (1.39%), Manganese: 0.37mg (18.63%), Vitamin C: 15.02mg (18.2%),

Fiber: 3.57g (14.29%), Vitamin K: 4.16µg (3.96%), Folate: 12.96µg (3.24%), Magnesium: 12.9mg (3.22%), Vitamin E: 0.47mg (3.11%), Copper: 0.05mg (2.7%), Potassium: 89.51mg (2.56%), Iron: 0.44mg (2.43%), Vitamin B5: 0.18mg (1.82%), Vitamin B3: 0.34mg (1.71%), Calcium: 16.74mg (1.67%), Phosphorus: 16.51mg (1.65%), Zinc: 0.24mg (1.6%), Vitamin B6: 0.03mg (1.59%), Vitamin B2: 0.03mg (1.49%), Vitamin A: 70.8IU (1.42%), Vitamin B1: 0.02mg (1.23%)