



Raspberry-Orange Fruit Pops



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



67 kcal

DESSERT

Ingredients



0.7 cup orange juice



3 cups raspberries rinsed drained



3 tablespoons sugar

Equipment



sieve

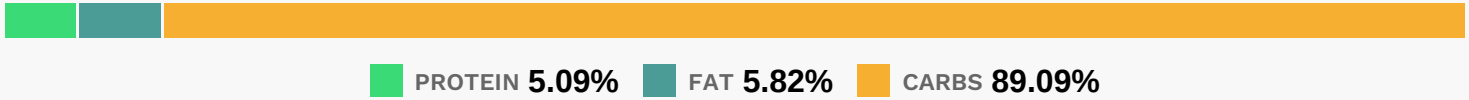


blender

Directions

- ☐ In a blender, whirl 3 cups rinsed, drained raspberries until smooth. Push through a fine strainer into a 1-quart glass measure; discard seeds.
- ☐ Add 2/3 cup orange juice and 3 to 4 tablespoons sugar (to taste) to berry pure; stir until sugar is dissolved.
- ☐ Pour fruit mixture into 6 to 8 juice bar molds (see notes). Attach covers firmly and insert sticks, leaving 1 1/2 to 2 inches of each sticking out. Set molds in freezer, making sure they're level and upright, and freeze until firm, at least 3 hours, or up to 2 weeks.
- ☐ To unmold, run warm water over the molds up to the rim, just until pops are released from sides, 5 to 15 seconds.
- ☐ Remove the covers and pull out the pops.
- ☐ Layered Pops: To create two-tone pops, make two different recipes and use twice as many molds.
- ☐ Pour one mixture into all the molds and freeze until firm to the touch on top, about 45 minutes, then pour the second mixture over the first, and freeze completely.

Nutrition Facts



Properties

Glycemic Index:24.68, Glycemic Load:6.49, Inflammation Score:-3, Nutrition Score:5.1621738464936%

Flavonoids

Cyanidin: 27.46mg, Cyanidin: 27.46mg, Cyanidin: 27.46mg, Cyanidin: 27.46mg Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg Pelargonidin: 0.59mg, Pelargonidin: 0.59mg, Pelargonidin: 0.59mg, Pelargonidin: 0.59mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 2.11mg, Epicatechin: 2.11mg, Epicatechin: 2.11mg, Epicatechin: 2.11mg Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 3.29mg, Hesperetin: 3.29mg, Hesperetin: 3.29mg, Hesperetin: 3.29mg Naringenin: 0.59mg, Naringenin: 0.59mg, Naringenin: 0.59mg, Naringenin: 0.59mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg

Nutrients (% of daily need)

Calories: 66.7kcal (3.33%), Fat: 0.46g (0.71%), Saturated Fat: 0.02g (0.11%), Carbohydrates: 15.98g (5.33%), Net Carbohydrates: 12.03g (4.37%), Sugar: 10.95g (12.17%), Cholesterol: 0mg (0%), Sodium: 0.94mg (0.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.91g (1.83%), Vitamin C: 29.5mg (35.75%), Manganese: 0.41mg (20.3%), Fiber: 3.96g (15.82%), Folate: 20.87µg (5.22%), Vitamin K: 4.71µg (4.48%), Potassium: 145.83mg (4.17%), Magnesium: 16.23mg (4.06%), Vitamin E: 0.53mg (3.55%), Copper: 0.07mg (3.33%), Vitamin B1: 0.04mg (2.93%), Iron: 0.47mg (2.62%), Vitamin B5: 0.25mg (2.5%), Vitamin B3: 0.47mg (2.35%), Phosphorus: 22.08mg (2.21%), Vitamin B6: 0.04mg (2.2%), Vitamin B2: 0.03mg (1.89%), Calcium: 18.09mg (1.81%), Zinc: 0.27mg (1.78%), Vitamin A: 74.91IU (1.5%)