

Raspberry Pops



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



82 kcal

DESSERT

Ingredients



2 tablespoons juice of lemon fresh



18 ounce raspberries fresh



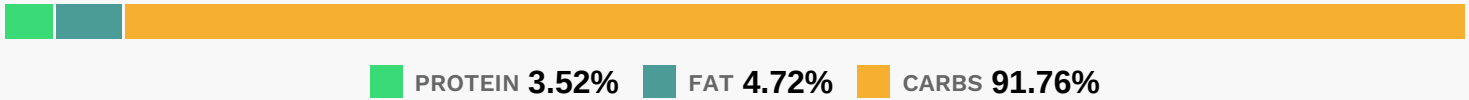
0.5 cup sugar

Equipment

Directions

- ☐
- Purée all ingredients and 3/4 cup water in a food processor until smooth. Set a fine-mesh strainer over a medium pitcher; strain, pressing on solids to measure about 3 1/2 cups purée. Divide among molds. Cover; insert ice-pop sticks. Freeze until firm. Dip bottoms of molds into hot water for 20–30 seconds to loosen pops.
- ☐
- Remove from molds and serve.

Nutrition Facts



Properties

Glycemic Index:12.01, Glycemic Load:9.62, Inflammation Score:-2, Nutrition Score:4.3013043183347%

Flavonoids

Cyanidin: 29.19mg, Cyanidin: 29.19mg, Cyanidin: 29.19mg, Cyanidin: 29.19mg Petunidin: 0.2mg, Petunidin: 0.2mg, Petunidin: 0.2mg, Petunidin: 0.2mg Delphinidin: 0.84mg, Delphinidin: 0.84mg, Delphinidin: 0.84mg, Delphinidin: 0.84mg Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg Pelargonidin: 0.63mg, Pelargonidin: 0.63mg, Pelargonidin: 0.63mg Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg Catechin: 0.84mg, Catechin: 0.84mg, Catechin: 0.84mg, Catechin: 0.84mg Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg Epicatechin: 2.25mg, Epicatechin: 2.25mg, Epicatechin: 2.25mg, Epicatechin: 2.25mg Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg

Nutrients (% of daily need)

Calories: 82.12kcal (4.11%), Fat: 0.46g (0.71%), Saturated Fat: 0.01g (0.09%), Carbohydrates: 20.3g (6.77%), Net Carbohydrates: 16.14g (5.87%), Sugar: 15.39g (17.1%), Cholesterol: 0mg (0%), Sodium: 0.8mg (0.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.78g (1.56%), Vitamin C: 18.16mg (22.02%), Manganese: 0.43mg (21.42%), Fiber: 4.16g (16.63%), Vitamin K: 4.98µg (4.74%), Vitamin E: 0.56mg (3.74%), Magnesium: 14.26mg (3.56%), Folate: 14.15µg (3.54%), Copper: 0.06mg (2.94%), Potassium: 100.43mg (2.87%), Iron: 0.45mg (2.5%), Vitamin B5: 0.21mg (2.15%), Vitamin B3: 0.38mg (1.92%), Phosphorus: 18.8mg (1.88%), Vitamin B6: 0.04mg (1.84%), Zinc: 0.27mg (1.81%), Calcium: 16.3mg (1.63%), Vitamin B2: 0.03mg (1.6%), Vitamin B1: 0.02mg (1.42%)