



Raspberry Pops



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



55 kcal

DESSERT

Ingredients



2 tablespoons plus light (or creme de cassis)



1 cup raspberry juice drink (such as Welch's)



1.5 cup raspberries fresh

Equipment

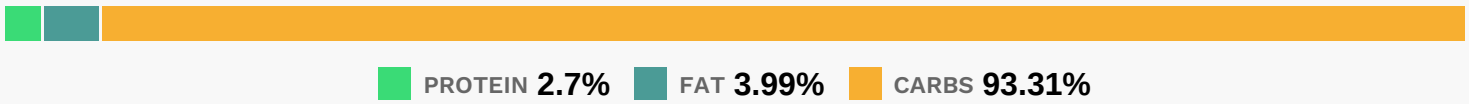


blender

Directions

- ☐
- Combine the raspberries, the juice drink, and the corn syrup in a blender and process until smooth.
- ☐
- Add 1 or 2 raspberries to the pop molds or 3-ounce paper cups. Fold an additional cup of raspberries into the blended mixture and spoon into the molds or cups. Cover and freeze until firm.

Nutrition Facts



Properties

Glycemic Index:14.29, Glycemic Load:3.36, Inflammation Score:-1, Nutrition Score:2.2991304209699%

Flavonoids

Cyanidin: 13.74mg, Cyanidin: 13.74mg, Cyanidin: 13.74mg, Cyanidin: 13.74mg Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Pelargonidin: 0.29mg, Pelargonidin: 0.29mg, Pelargonidin: 0.29mg, Pelargonidin: 0.29mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 0.91mg, Catechin: 0.91mg, Catechin: 0.91mg, Catechin: 0.91mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 3mg, Epicatechin: 3mg, Epicatechin: 3mg, Epicatechin: 3mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg

Nutrients (% of daily need)

Calories: 55.37kcal (2.77%), Fat: 0.26g (0.41%), Saturated Fat: 0.01g (0.09%), Carbohydrates: 13.87g (4.62%), Net Carbohydrates: 11.84g (4.31%), Sugar: 10.93g (12.15%), Cholesterol: 0mg (0%), Sodium: 6.5mg (0.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.4g (0.8%), Manganese: 0.23mg (11.58%), Vitamin C: 8.23mg (9.98%), Fiber: 2.03g (8.13%), Potassium: 87.12mg (2.49%), Vitamin K: 2.34µg (2.23%), Magnesium: 8.74mg (2.18%), Vitamin E: 0.27mg (1.77%), Copper: 0.03mg (1.6%), Folate: 6.3µg (1.58%), Vitamin B1: 0.02mg (1.51%), Iron: 0.26mg (1.43%), Vitamin B6: 0.02mg (1.2%), Vitamin B5: 0.12mg (1.19%), Calcium: 11.76mg (1.18%), Phosphorus: 11.59mg (1.16%), Zinc: 0.17mg (1.11%), Vitamin B2: 0.02mg (1.08%), Vitamin B3: 0.21mg (1.05%)