



Raspberry-Vanilla Parfait Pops



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



66 kcal

DESSERT

Ingredients

- ☐ 1.5 cups raspberries frozen halved
- ☐ 1.5 cups yogurt low-fat
- ☐ 5 tablespoons sugar

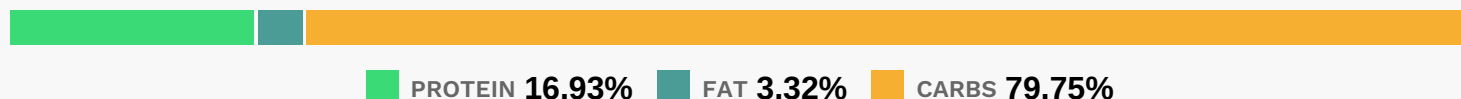
Equipment

- ☐ blender

Directions

- ☐ In a blender, purée the 1 1/2 cups raspberries, the sugar, and 1/2 cup yogurt until smooth and thick.
- ☐ Divide about half of the raspberry mixture equally among ice pop molds. Divide the remaining 1 cup yogurt among the molds. Slide in the halved raspberries (if using). Follow with the remaining raspberry mixture and insert sticks. Freeze until firm, at least 6 hours or up to 1 week.
- ☐ To unmold the pops, run hot water over the outsides of the molds for a few seconds, then gently pull the sticks.
- ☐ From Perfect Pops: The 50 Best Classic & Cool Treats by Charity Ferreira. Text copyright © 2011 by Charity Ferreira; photography copyright © 2011 by Leigh Beisch. Published by Chronicle Books, LLC.

Nutrition Facts



Properties

Glycemic Index:12.01, Glycemic Load:5.55, Inflammation Score:-1, Nutrition Score:3.5182608838962%

Flavonoids

Cyanidin: 10.3mg, Cyanidin: 10.3mg, Cyanidin: 10.3mg, Cyanidin: 10.3mg Petunidin: 0.07mg, Petunidin: 0.07mg, Petunidin: 0.07mg, Petunidin: 0.07mg Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Pelargonidin: 0.22mg, Pelargonidin: 0.22mg, Pelargonidin: 0.22mg, Pelargonidin: 0.22mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 0.79mg, Epicatechin: 0.79mg, Epicatechin: 0.79mg, Epicatechin: 0.79mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 66.3kcal (3.32%), Fat: 0.25g (0.39%), Saturated Fat: 0.06g (0.36%), Carbohydrates: 13.68g (4.56%), Net Carbohydrates: 12.21g (4.44%), Sugar: 12.01g (13.34%), Cholesterol: 0.92mg (0.31%), Sodium: 35.67mg (1.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.9g (5.8%), Calcium: 97.12mg (9.71%), Phosphorus: 78.65mg (7.86%), Manganese: 0.15mg (7.67%), Vitamin C: 6.31mg (7.65%), Vitamin B2: 0.12mg (6.91%), Fiber: 1.46g (5.85%), Vitamin B12: 0.28µg (4.67%), Potassium: 151.27mg (4.32%), Vitamin B5: 0.37mg (3.68%), Zinc: 0.54mg (3.61%), Magnesium: 13.68mg (3.42%), Folate: 10.24µg (2.56%), Selenium: 1.74µg (2.49%), Vitamin B1: 0.03mg (1.95%),

Vitamin B6: 0.04mg (1.84%), Vitamin K: 1.85µg (1.76%), Copper: 0.03mg (1.38%), Vitamin E: 0.2mg (1.31%), Iron: 0.2mg (1.11%)