



 1%
HEALTH SCORE

Red Bean Ice Pops

 Vegetarian  Gluten Free

READY IN



375 min.

SERVINGS



6

CALORIES



176 kcal

DESSERT

Ingredients

- 1.5 cups adzuki beans sweetened canned mashed
- 0.3 cup granulated sugar
- 0.5 cup cup heavy whipping cream
- 0.1 teaspoon salt fine
- 1 cup milk whole

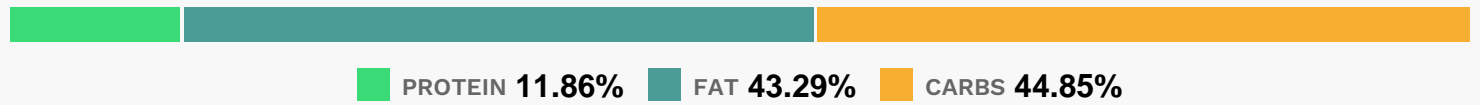
Equipment

- bowl
- blender

Directions

- Place 1 cup of the beans and the cream in a large bowl and mix until evenly combined.
- Place the remaining 1/2 cup beans, milk, sugar, and salt in a blender and process until smooth.
- Pour into the bowl with the bean-cream mixture and stir to combine. (The beans will sink to the bottom.) Fill the pop molds halfway with the liquid part of the mixture. Use a spoon to evenly divide the beans left on the bottom of the bowl among the molds. Freeze until solid, at least 6 hours.

Nutrition Facts



Properties

Glycemic Index:18.02, Glycemic Load:6.54, Inflammation Score:-2, Nutrition Score:2.9813043870356%

Nutrients (% of daily need)

Calories: 176.24kcal (8.81%), Fat: 8.49g (13.06%), Saturated Fat: 5.32g (33.24%), Carbohydrates: 19.79g (6.6%), Net Carbohydrates: 17.43g (6.34%), Sugar: 10.85g (12.06%), Cholesterol: 27.29mg (9.1%), Sodium: 73.94mg (3.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.23g (10.46%), Fiber: 2.36g (9.43%), Calcium: 80.47mg (8.05%), Vitamin A: 357.43IU (7.15%), Potassium: 198.47mg (5.67%), Vitamin B2: 0.09mg (5.59%), Phosphorus: 52.58mg (5.26%), Vitamin D: 0.76µg (5.1%), Iron: 0.85mg (4.74%), Vitamin B12: 0.25µg (4.19%), Selenium: 1.42µg (2.03%), Vitamin B5: 0.2mg (2.02%), Vitamin B1: 0.03mg (1.78%), Vitamin B6: 0.03mg (1.59%), Magnesium: 6.27mg (1.57%), Zinc: 0.22mg (1.44%), Vitamin E: 0.2mg (1.35%)