

Smoothie Pops



Vegetarian



Gluten Free

READY IN



5 min.

SERVINGS



6

CALORIES



104 kcal

Ingredients

☐ 2 cups fruit frozen (berries, mango, peaches, etc.)☐ 3 ice cubes☐ 1 cup milk☐ 1 cup vanilla yogurt

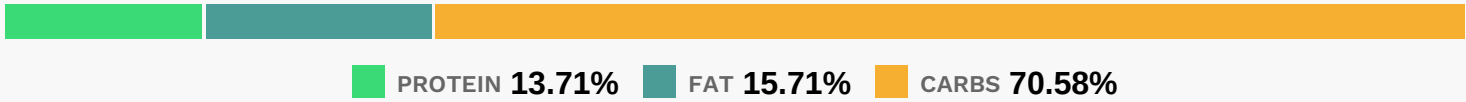
Equipment

☐ popsicle molds

Directions

- ☐ Blend yogurt, milk, and frozen fruit of choice until smooth.
- ☐ Pour into popsicle molds with ice-pop sticks. Freeze until solid.

Nutrition Facts



Properties

Glycemic Index:6.33, Glycemic Load:0.72, Inflammation Score:-3, Nutrition Score:4.2595651642136%

Nutrients (% of daily need)

Calories: 104.14kcal (5.21%), Fat: 1.89g (2.91%), Saturated Fat: 1.09g (6.83%), Carbohydrates: 19.11g (6.37%), Net Carbohydrates: 17.84g (6.49%), Sugar: 16.48g (18.31%), Cholesterol: 6.92mg (2.31%), Sodium: 46.7mg (2.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.71g (7.42%), Calcium: 124mg (12.4%), Phosphorus: 105.68mg (10.57%), Vitamin B2: 0.16mg (9.24%), Vitamin B12: 0.44µg (7.27%), Vitamin A: 322.02IU (6.44%), Potassium: 220.74mg (6.31%), Fiber: 1.26g (5.06%), Vitamin B5: 0.41mg (4.09%), Selenium: 2.77µg (3.96%), Magnesium: 15.43mg (3.86%), Zinc: 0.58mg (3.85%), Vitamin K: 3.8µg (3.62%), Copper: 0.07mg (3.3%), Vitamin B1: 0.05mg (3.29%), Vitamin D: 0.45µg (2.98%), Vitamin B6: 0.06mg (2.79%), Vitamin C: 2.06mg (2.5%), Vitamin B3: 0.4mg (1.98%), Folate: 6.07µg (1.52%), Iron: 0.27mg (1.52%), Manganese: 0.02mg (1.23%)