



Strawberry-Blueberry Pops



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



77 kcal

DESSERT

Ingredients

- ☐ 2.5 cups blueberries fresh
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 1 teaspoon juice of lime fresh
- ☐ 1 pound strawberries fresh hulled halved
- ☐ 0.3 cup sugar

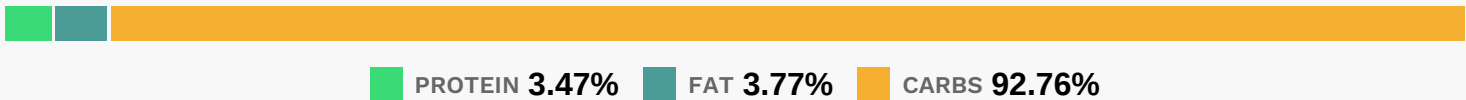
Equipment

- ☐ food processor
- ☐ sieve

Directions

- ☐ For strawberry purée
- ☐ Purée all ingredients and 1/4 cup water in a food processor until smooth. Set a fine-mesh strainer over a small pitcher; strain, pressing on solids to extract about 1 1/4 cups purée. Set aside.
- ☐ Purée all ingredients and 3 tablespoons water in a food processor until smooth. Set a fine-mesh strainer over a small pitcher; strain, pressing on solids to extract about 1 1/4 cups purée.
- ☐ Pour 1 tablespoon strawberry purée into each mold; freeze until just firm, about 30 minutes.
- ☐ Add 1 tablespoon blueberry purée to each mold. Freeze until just firm, about 30 minutes. Repeat until molds are filled. Cover; insert ice-pop sticks. Freeze until firm. Dip bottoms of molds into hot water for 20–30 seconds to loosen pops.
- ☐ Remove pops from molds; serve.

Nutrition Facts



Properties

Glycemic Index:18.76, Glycemic Load:9.34, Inflammation Score:-4, Nutrition Score:5.0817390200884%

Flavonoids

Cyanidin: 4.87mg, Cyanidin: 4.87mg, Cyanidin: 4.87mg, Cyanidin: 4.87mg Petunidin: 14.65mg, Petunidin: 14.65mg, Petunidin: 14.65mg, Petunidin: 14.65mg Delphinidin: 16.56mg, Delphinidin: 16.56mg, Delphinidin: 16.56mg, Delphinidin: 16.56mg Malvidin: 31.27mg, Malvidin: 31.27mg, Malvidin: 31.27mg, Malvidin: 31.27mg Pelargonidin: 14.09mg, Pelargonidin: 14.09mg, Pelargonidin: 14.09mg, Pelargonidin: 14.09mg Peonidin: 9.41mg, Peonidin: 9.41mg, Peonidin: 9.41mg, Peonidin: 9.41mg Catechin: 4.21mg, Catechin: 4.21mg, Catechin: 4.21mg, Catechin: 4.21mg Epigallocatechin: 0.75mg, Epigallocatechin: 0.75mg, Epigallocatechin: 0.75mg, Epigallocatechin: 0.75mg Epicatechin: 0.52mg, Epicatechin: 0.52mg, Epicatechin: 0.52mg, Epicatechin: 0.52mg Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.15mg, Hesperetin: 0.15mg, Hesperetin: 0.15mg, Hesperetin: 0.15mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 1.05mg, Kaempferol: 1.05mg, Kaempferol: 1.05mg, Kaempferol: 1.05mg Myricetin: 0.62mg, Myricetin: 0.62mg, Myricetin: 0.62mg, Myricetin: 0.62mg Quercetin: 4.18mg, Quercetin: 4.18mg,

Quercetin: 4.18mg, Quercetin: 4.18mg Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg

Nutrients (% of daily need)

Calories: 76.88kcal (3.84%), Fat: 0.35g (0.54%), Saturated Fat: 0.02g (0.14%), Carbohydrates: 19.46g (6.49%), Net Carbohydrates: 17.21g (6.26%), Sugar: 15.72g (17.47%), Cholesterol: 0mg (0%), Sodium: 1.13mg (0.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.73g (1.45%), Vitamin C: 38.25mg (46.37%), Manganese: 0.37mg (18.74%), Vitamin K: 10.18µg (9.69%), Fiber: 2.25g (8.99%), Folate: 16.57µg (4.14%), Potassium: 123.9mg (3.54%), Vitamin E: 0.43mg (2.87%), Copper: 0.05mg (2.72%), Vitamin B6: 0.05mg (2.56%), Magnesium: 10.23mg (2.56%), Vitamin B3: 0.41mg (2.07%), Vitamin B1: 0.03mg (2.07%), Iron: 0.37mg (2.04%), Vitamin B2: 0.03mg (1.95%), Phosphorus: 19.3mg (1.93%), Vitamin B5: 0.13mg (1.3%), Calcium: 12.06mg (1.21%), Zinc: 0.16mg (1.03%)