



Strawberry Cheesecake Ice Pops

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



221 kcal

DESSERT

Ingredients

- ☐ 8 oz cream cheese
- ☐ 8 oz heavy whipping cream
- ☐ 8 small strawberries chopped
- ☐ 4 tbsp sugar to taste

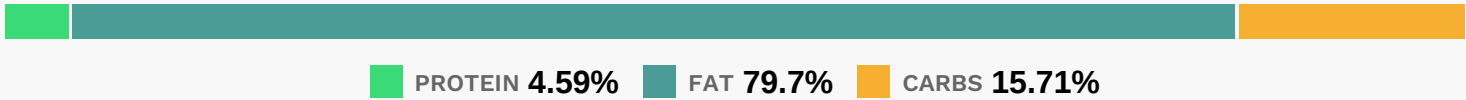
Equipment

- ☐ blender

Directions

- ☐ Blend cream cheese, whipping cream and sugar in blender until smooth. Batter may become quite thick.
- ☐ Add in chopped berries and blend on low speed until batter just turns uniformly pink and some berry pieces still remain intact.
- ☐ Pour batter into ice pop molds. Batter may be thick and not pour in easily. To help it slide down, rap the ice pop molds against counter so that the batter settles down inside molds. Freeze for several hours or overnight to set.
- ☐ Remove according to ice pop mold instructions (mine require running them under water for a few minutes).

Nutrition Facts



Properties

Glycemic Index:17.14, Glycemic Load:4.77, Inflammation Score:-5, Nutrition Score:2.9239130473655%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Pelargonidin: 1.74mg, Pelargonidin: 1.74mg, Pelargonidin: 1.74mg, Pelargonidin: 1.74mg Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 220.95kcal (11.05%), Fat: 20.03g (30.81%), Saturated Fat: 12.25g (76.55%), Carbohydrates: 8.88g (2.96%), Net Carbohydrates: 8.74g (3.18%), Sugar: 8.22g (9.14%), Cholesterol: 60.67mg (20.22%), Sodium: 96.8mg (4.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.6g (5.19%), Vitamin A: 798.31IU (15.97%), Vitamin B2: 0.12mg (7.13%), Vitamin C: 4.29mg (5.2%), Phosphorus: 48.46mg (4.85%), Selenium: 3.35µg (4.79%), Calcium: 47.39mg (4.74%), Vitamin E: 0.52mg (3.5%), Vitamin D: 0.45µg (3.02%), Vitamin B5: 0.24mg (2.43%), Potassium: 75.18mg (2.15%), Vitamin B12: 0.11µg (1.8%), Vitamin K: 1.66µg (1.58%), Manganese: 0.03mg (1.53%), Zinc: 0.22mg (1.47%),

Vitamin B6: 0.03mg (1.45%), Magnesium: 5.45mg (1.36%), Folate: 5.37µg (1.34%)