



## Strawberry-Cream Fruit Pops

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



15

CALORIES



23 kcal

DESSERT

### Ingredients

- 2 teaspoons juice of lemon
- 0.5 cup cup heavy whipping cream light sour
- 2 cups strawberries hulled rinsed
- 2 tablespoons sugar

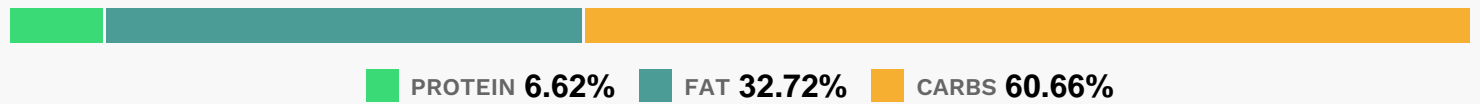
### Equipment

- sieve
- blender

# Directions

- In a blender, whirl 2 cups rinsed, hulled strawberries until smooth. Push through a fine strainer into a 1-quart glass measure; discard seeds. Return berry pure to blender and whirl in 1/2 cup light sour cream, 2 to 3 tablespoons sugar (to taste), and 2 teaspoons lemon juice until smooth.
- Pour fruit mixture into 6 to 8 juice bar molds (see notes). Attach covers firmly and insert sticks, leaving 1 1/2 to 2 inches of each sticking out. Set molds in freezer, making sure they're level and upright, and freeze until firm, at least 3 hours, or up to 2 weeks.
- To unmold, run warm water over the molds up to the rim, just until pops are released from sides, 5 to 15 seconds.
- Remove the covers and pull out the pops.
- Layered Pops: To create two-tone pops, make two different recipes and use twice as many molds.
- Pour one mixture into all the molds and freeze until firm to the touch on top, about 45 minutes, then pour the second mixture over the first, and freeze completely.

# Nutrition Facts



# Properties

Glycemic Index:7.34, Glycemic Load:1.55, Inflammation Score:-1, Nutrition Score:1.3852173870672%

# Flavonoids

Cyanidin: 0.32mg, Cyanidin: 0.32mg, Cyanidin: 0.32mg, Cyanidin: 0.32mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg Pelargonidin: 4.77mg, Pelargonidin: 4.77mg, Pelargonidin: 4.77mg, Pelargonidin: 4.77mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg

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## **Nutrients (% of daily need)**

Calories: 22.88kcal (1.14%), Fat: 0.88g (1.35%), Saturated Fat: 0.51g (3.18%), Carbohydrates: 3.66g (1.22%), Net  
Carbohydrates: 3.27g (1.19%), Sugar: 2.57g (2.85%), Cholesterol: 2.68mg (0.89%), Sodium: 6.58mg (0.29%),  
Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.4g (0.8%), Vitamin C: 11.62mg (14.08%), Manganese: 0.07mg  
(3.71%), Fiber: 0.39g (1.54%), Folate: 5.58µg (1.4%), Calcium: 13.94mg (1.39%), Potassium: 46.35mg (1.32%),  
Phosphorus: 10.1mg (1.01%)