



Strawberry Green Smoothie Pops

 Vegetarian  Gluten Free

READY IN



495 min.

SERVINGS



5

CALORIES



55 kcal

Ingredients

- 6 oz vanilla yogurt french yoplait®
- 1 cup strawberries sliced
- 6 oz lime yoplait®
- 1 cup pkt spinach fresh packed
- 0.3 cup apple juice

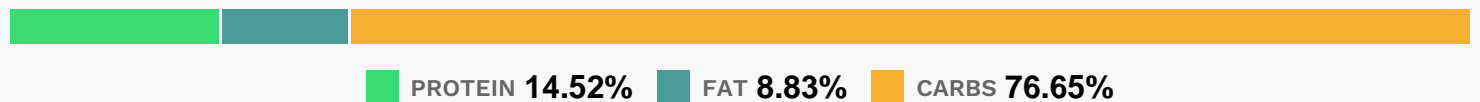
Equipment

- bowl
- blender
- aluminum foil

Directions

- In blender, place 1 container French vanilla yogurt and strawberries. Cover; blend until smooth. Spoon 2 tablespoons mixture into each of 5 (5-oz) paper cups. Cover cups with foil; insert craft stick into center of each pop. (Or fill ice pop molds according to manufacturer's directions.) Put remaining mixture in bowl; cover and refrigerate. Freeze pops about 2 hours or until frozen.
- In blender, place Key lime pie yogurt, spinach and apple juice. Cover; blend until smooth. When first layer is frozen, remove foil from pops.
- Pour about 1 1/2 tablespoons spinach mixture in each cup over frozen layer. Put remaining mixture in bowl; cover and refrigerate. Return foil to pops to support sticks. Freeze about 2 hours or until frozen.
- Repeat with remaining strawberry and spinach layers, freezing at least 2 hours between layers.

Nutrition Facts



Properties

Glycemic Index:28.95, Glycemic Load:2.08, Inflammation Score:-6, Nutrition Score:6.6426086633102%

Flavonoids

Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg Pelargonidin: 7.16mg, Pelargonidin: 7.16mg, Pelargonidin: 7.16mg, Pelargonidin: 7.16mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 1.05mg, Catechin: 1.05mg, Catechin: 1.05mg, Catechin: 1.05mg Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg Epicatechin: 0.7mg, Epicatechin: 0.7mg, Epicatechin: 0.7mg, Epicatechin: 0.7mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Hesperetin: 14.63mg, Hesperetin: 14.63mg, Hesperetin: 14.63mg, Hesperetin: 14.63mg Naringenin: 1.23mg, Naringenin: 1.23mg, Naringenin: 1.23mg, Naringenin: 1.23mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg Gallic acid: 0.01mg, Gallic acid: 0.01mg, Gallic acid: 0.01mg, Gallic acid: 0.01mg

Nutrients (% of daily need)

Calories: 55.42kcal (2.77%), Fat: 0.62g (0.95%), Saturated Fat: 0.29g (1.83%), Carbohydrates: 12.1g (4.03%), Net Carbohydrates: 10.41g (3.79%), Sugar: 7.9g (8.77%), Cholesterol: 1.7mg (0.57%), Sodium: 28.66mg (1.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.29g (4.58%), Vitamin C: 28.9mg (35.03%), Vitamin K: 29.85µg (28.43%), Vitamin A: 597.84IU (11.96%), Manganese: 0.18mg (8.91%), Calcium: 80.94mg (8.09%), Fiber: 1.69g (6.74%), Phosphorus: 62.77mg (6.28%), Folate: 25.02µg (6.25%), Potassium: 199.27mg (5.69%), Vitamin B2: 0.09mg (5.59%), Magnesium: 16.59mg (4.15%), Vitamin B5: 0.31mg (3.08%), Vitamin B12: 0.18µg (3.01%), Iron: 0.52mg (2.91%), Vitamin B6: 0.06mg (2.87%), Selenium: 1.99µg (2.84%), Zinc: 0.39mg (2.63%), Vitamin B1: 0.04mg (2.58%), Copper: 0.05mg (2.48%), Vitamin E: 0.29mg (1.92%), Vitamin B3: 0.27mg (1.34%)