



Strawberry-Orange Pops

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



31 kcal

Ingredients

- 0.5 cup vanilla yogurt low-fat
- 2 cups orange juice
- 1 cup strawberries whole frozen thawed

Equipment

- food processor
- blender
- muffin tray
- bread knife

Directions

- Stir together orange juice and yogurt.
- Process berries in a blender or food processor until smooth, stopping to scrape down sides. Stir into juice mixture. Spoon mixture evenly into 12 (3-ounce) plastic pop molds; insert plastic pop sticks, and freeze 8 hours.
- Note: If desired, place 12 (3-ounce) paper cups in a muffin pan. Spoon mixture evenly into cups. Freeze 30 minutes; insert a stick in the center of each. Freeze 8 hours. Peel off cups.
- Looks-Like-Watermelon Wedges: Hollow out lime halves, leaving rinds intact. Spoon pop mixture into lime rinds.
- Sprinkle with semisweet chocolate mini morsels, and freeze 8 hours.
- Cut frozen lime halves in half with a bread knife to make wedges.

Nutrition Facts

  
 **PROTEIN 10.84%**  **FAT 6.88%**  **CARBS 82.28%**

Properties

Glycemic Index:7.67, Glycemic Load:2.46, Inflammation Score:-2, Nutrition Score:2.9543478514837%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg Pelargonidin: 2.98mg, Pelargonidin: 2.98mg, Pelargonidin: 2.98mg, Pelargonidin: 2.98mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 4.94mg, Hesperetin: 4.94mg, Hesperetin: 4.94mg, Hesperetin: 4.94mg Naringenin: 0.92mg, Naringenin: 0.92mg, Naringenin: 0.92mg, Naringenin: 0.92mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 31.12kcal (1.56%), Fat: 0.25g (0.38%), Saturated Fat: 0.09g (0.59%), Carbohydrates: 6.63g (2.21%), Net Carbohydrates: 6.31g (2.29%), Sugar: 5.47g (6.08%), Cholesterol: 0.51mg (0.17%), Sodium: 7.27mg (0.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.87g (1.75%), Vitamin C: 27.8mg (33.7%), Folate: 16.4µg (4.1%), Potassium: 123.38mg (3.53%), Vitamin B1: 0.04mg (2.96%), Manganese: 0.05mg (2.63%), Calcium: 23.92mg (2.39%), Phosphorus: 23.69mg (2.37%), Vitamin B2: 0.04mg (2.09%), Magnesium: 7.74mg (1.93%), Vitamin A: 88.5IU (1.77%), Vitamin B5: 0.15mg (1.5%), Vitamin B6: 0.03mg (1.34%), Fiber: 0.32g (1.29%), Copper: 0.03mg (1.26%), Vitamin B3: 0.22mg (1.11%)