



Strawberry-Peach Pops

 Gluten Free  Dairy Free

READY IN



145 min.

SERVINGS



10

CALORIES



91 kcal

DESSERT

Ingredients

- 1 cup soymilk
- 1 cup strawberries frozen organic cascadian farm®
- 6 oz peaches yoplait®
- 2 tablespoons honey
- 10 you will also need: parchment paper (3-oz size)
- 10 celery stalks with round ends)

Equipment

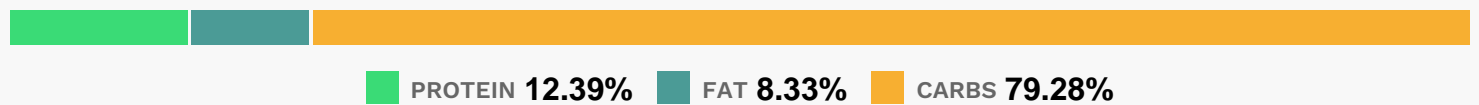
- food processor

blender

Directions

- Place soymilk, strawberries, yogurt and honey in blender or food processor. Cover; blend on high speed about 1 minute or until smooth.
- Fill each cup with about 1/4 cup yogurt mixture.
- Place cups in freezer until partially frozen, about 45 minutes.
- Insert sticks; freeze until firm, about 1 hour 30 minutes. To serve, remove cups.

Nutrition Facts



Properties

Glycemic Index:19.79, Glycemic Load:2.98, Inflammation Score:-3, Nutrition Score:4.9330434384553%

Flavonoids

Cyanidin: 0.57mg, Cyanidin: 0.57mg, Cyanidin: 0.57mg, Cyanidin: 0.57mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg Pelargonidin: 3.58mg, Pelargonidin: 3.58mg, Pelargonidin: 3.58mg, Pelargonidin: 3.58mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 1.28mg, Catechin: 1.28mg, Catechin: 1.28mg, Catechin: 1.28mg Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg Epicatechin: 0.46mg, Epicatechin: 0.46mg, Epicatechin: 0.46mg, Epicatechin: 0.46mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 90.99kcal (4.55%), Fat: 0.85g (1.31%), Saturated Fat: 0.11g (0.66%), Carbohydrates: 18.22g (6.07%), Net Carbohydrates: 17.17g (6.24%), Sugar: 6.23g (6.92%), Cholesterol: 1.71mg (0.57%), Sodium: 126.2mg (5.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.85g (5.69%), Vitamin C: 11.01mg (13.34%), Vitamin B3: 2.02mg (10.09%), Manganese: 0.19mg (9.73%), Selenium: 6.37µg (9.09%), Vitamin B1: 0.12mg (8.11%), Vitamin B2: 0.13mg (7.71%), Folate: 29.89µg (7.47%), Vitamin E: 0.77mg (5.14%), Iron: 0.9mg (4.98%), Calcium: 46.81mg (4.68%), Vitamin B12: 0.26µg (4.31%), Fiber: 1.05g (4.21%), Copper: 0.08mg (4%), Vitamin B6: 0.08mg (3.78%), Vitamin A: 170.55IU

(3.41%), Potassium: 104.22mg (2.98%), Phosphorus: 23.72mg (2.37%), Vitamin K: 2µg (1.9%), Magnesium: 7.56mg (1.89%), Vitamin D: 0.28µg (1.89%), Zinc: 0.27mg (1.77%)