



Strawberry-Vanilla Swirled Frozen Pops



Gluten Free



Dairy Free



Low Fod Map

READY IN



300 min.

SERVINGS



12

CALORIES



208 kcal

DESSERT

Ingredients



2 teaspoons juice of lemon fresh



1 pound strawberries hulled halved



0.5 cup sugar



2 pints whipped cream

Equipment



bowl



frying pan



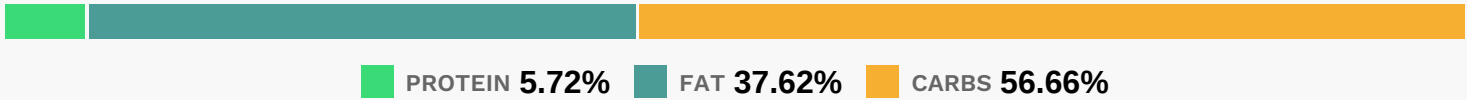
baking pan

- ☐ potato masher
- ☐ microwave

Directions

- ☐ Mash strawberries in a large bowl with a potato masher or a fork.
- ☐ Transfer to a 12-inch nonstick skillet along with sugar and lemon juice and boil over medium heat, stirring occasionally, until slightly thickened, about 10 minutes.
- ☐ Transfer to a bowl, then freeze, uncovered, until cold, about 10 minutes.
- ☐ Transfer ice cream to a microwave-safe bowl and microwave at 30 percent power in 10-second intervals, stirring, until softened, about 50 seconds total.
- ☐ Spread evenly in a 13-by 9-inch baking dish and freeze while strawberry mixture chills.
- ☐ Dollop tablespoons of strawberry mixture all over ice cream, then swirl it gently through ice cream with a spoon. Spoon into molds (or into cups) and add sticks. Freeze until firm, about 1 1/4 hours (and up to 4 days, covered).
- ☐ If you don't want to make pops, freeze strawberry-topped ice cream until firm, then scoop into bowls.

Nutrition Facts



Properties

Glycemic Index:14.26, Glycemic Load:17.69, Inflammation Score:-3, Nutrition Score:5.3647825977077%

Flavonoids

Cyanidin: 0.63mg, Cyanidin: 0.63mg, Cyanidin: 0.63mg, Cyanidin: 0.63mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 0.12mg, Delphinidin: 0.12mg, Delphinidin: 0.12mg, Delphinidin: 0.12mg Pelargonidin: 9.39mg, Pelargonidin: 9.39mg, Pelargonidin: 9.39mg, Pelargonidin: 9.39mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg

Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 207.61kcal (10.38%), Fat: 8.82g (13.56%), Saturated Fat: 5.36g (33.5%), Carbohydrates: 29.87g (9.96%), Net Carbohydrates: 28.56g (10.39%), Sugar: 26.9g (29.89%), Cholesterol: 34.7mg (11.57%), Sodium: 63.56mg (2.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.02g (6.03%), Vitamin C: 23.02mg (27.91%), Vitamin B2: 0.2mg (11.72%), Calcium: 107.13mg (10.71%), Phosphorus: 91.94mg (9.19%), Manganese: 0.15mg (7.63%), Vitamin A: 336.6IU (6.73%), Potassium: 215.79mg (6.17%), Fiber: 1.31g (5.24%), Vitamin B12: 0.31µg (5.13%), Vitamin B5: 0.51mg (5.07%), Magnesium: 16mg (4%), Zinc: 0.6mg (3.99%), Folate: 13.18µg (3.3%), Vitamin B6: 0.06mg (2.8%), Vitamin B1: 0.04mg (2.77%), Selenium: 1.62µg (2.32%), Vitamin E: 0.35mg (2.32%), Copper: 0.04mg (1.85%), Iron: 0.23mg (1.28%), Vitamin B3: 0.24mg (1.19%), Vitamin D: 0.16µg (1.05%), Vitamin K: 1.07µg (1.02%)