



Strawberry Yogurt Granola Pops

 Vegetarian

READY IN



20 min.

SERVINGS



4

CALORIES



75 kcal

Ingredients

- 6 oz vanilla yogurt organic
- 0.3 cup milk
- 4 strawberries fresh whole
- 4 teaspoons cereal cascadian farm®

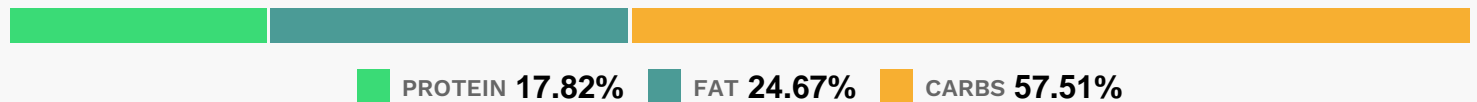
Equipment

- bowl
- whisk

Directions

- In medium bowl, beat yogurt and milk with whisk until well combined. (
- Mixture needs to be a pourable consistency.)
- Cut each strawberry into slices. Apply strawberry slices to inside walls of 4 molds in quick-frozen ice pop maker (Zoku™). Insert pop sticks.
- Pour about 1 ounce (2 tablespoons) yogurt mixture into each mold. Freeze 3 to 4 minutes.
- Add thin layer of granola to each mold.
- Pour yogurt mixture to "fill" line of each mold. Freeze completely. Follow manufacturer's instructions for removing pops.

Nutrition Facts



Properties

Glycemic Index:19.5, Glycemic Load:0.63, Inflammation Score:-1, Nutrition Score:3.8891304627709%

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 Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 75.2kcal (3.76%), Fat: 2.11g (3.24%), Saturated Fat: 0.83g (5.2%), Carbohydrates: 11.05g (3.68%), Net Carbohydrates: 10.56g (3.84%), Sugar: 8.44g (9.38%), Cholesterol: 4.57mg (1.52%), Sodium: 37.54mg (1.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.42g (6.85%), Calcium: 103.89mg (10.39%), Phosphorus: 95.32mg (9.53%), Manganese: 0.18mg (9.05%), Vitamin C: 7.4mg (8.97%), Vitamin B2: 0.13mg (7.36%), Vitamin B12: 0.34µg (5.64%), Selenium: 3.37µg (4.82%), Potassium: 161.11mg (4.6%), Magnesium: 15.29mg (3.82%), Zinc: 0.55mg

(3.68%), Vitamin B5: 0.35mg (3.54%), Vitamin B1: 0.05mg (3.16%), Folate: 9.23 μ g (2.31%), Vitamin B6: 0.04mg (2.15%), Fiber: 0.5g (1.99%), Iron: 0.29mg (1.63%), Vitamin E: 0.24mg (1.62%), Vitamin D: 0.22 μ g (1.49%), Copper: 0.03mg (1.29%), Vitamin A: 52.67IU (1.05%)