



Sweet Corn and Basil Yogurt Pops

 Gluten Free

READY IN



555 min.

SERVINGS



8

CALORIES



142 kcal

DESSERT

Ingredients

- 2 ears corn fresh sweet cleaned
- 0.5 cup sugar
- 1 cup yogurt plain yoplait®
- 0.3 cup basil fresh chopped
- 8 you will also need: parchment paper (with round ends) (3-oz size)
- 1 cup frangelico

Equipment

- bowl

- sauce pan
- knife
- sieve
- blender
- aluminum foil

Directions

- Cut corn from cobs to equal 1 cup; cut cobs in half. In 4-quart saucepan, mix corn kernels, corn cobs, half-and-half and sugar.
- Heat to boiling over medium-high heat. Cover; remove from heat.
- Let stand 1 hour.
- Discard corn cobs. In blender, place corn mixture. Cover; blend on medium-high speed about 1 minute or until smooth. Press mixture through strainer into large bowl. Stir in yogurt and basil.
- Divide mixture evenly among ice pop molds. (If using paper cups, pour mixture into cups and cover with foil. With knife, make small slit in center of foil and slide craft stick through hole.) Freeze 8 hours or until firm. To serve, remove pops from molds or peel off paper cups.

Nutrition Facts



Properties

Glycemic Index:19.89, Glycemic Load:9, Inflammation Score:-2, Nutrition Score:4.1508695398984%

Nutrients (% of daily need)

Calories: 141.62kcal (7.08%), Fat: 1.63g (2.51%), Saturated Fat: 0.77g (4.78%), Carbohydrates: 29.11g (9.7%), Net Carbohydrates: 28.3g (10.29%), Sugar: 15.31g (17.01%), Cholesterol: 5.69mg (1.9%), Sodium: 126.3mg (5.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.68g (7.37%), Vitamin B1: 0.14mg (9.51%), Selenium: 6.24µg (8.92%), Manganese: 0.17mg (8.41%), Vitamin B2: 0.13mg (7.68%), Vitamin B3: 1.46mg (7.29%), Folate: 28.44µg (7.11%), Phosphorus: 64.93mg (6.49%), Calcium: 47.89mg (4.79%), Iron: 0.8mg (4.45%), Magnesium: 16.28mg (4.07%), Potassium: 126.26mg (3.61%), Fiber: 0.8g (3.22%), Vitamin K: 3.24µg (3.09%), Vitamin B5: 0.29mg (2.87%), Zinc: 0.43mg (2.84%), Copper: 0.05mg (2.33%), Vitamin A: 114.62IU (2.29%), Vitamin C: 1.82mg (2.2%), Vitamin B12: 0.12µg (1.95%), Vitamin B6: 0.04mg (1.88%)