



Triple-Berry Popsicles



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



20 min.

SERVINGS



20

CALORIES



36 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup blueberries
- ☐ 0.3 cup juice of lemon fresh
- ☐ 1 cup raspberries
- ☐ 1 cup strawberries hulled sliced
- ☐ 0.7 cup sugar (see Notes)

Equipment

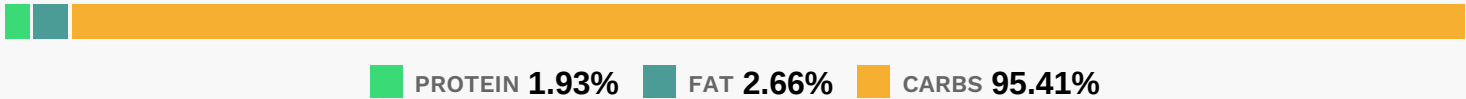
- ☐ sauce pan
- ☐ blender

- ☐ popsicle molds
- ☐ popsicle sticks

Directions

- ☐ Put sugar and 1/3 cup water in a small saucepan and bring to boil over high heat, stirring until sugar is dissolved. Set aside.
- ☐ Combine blueberries, strawberries, raspberries, and lemon juice in a blender and pure until smooth, about 30 seconds.
- ☐ Add 1/3 cup simple syrup and blend just until combined. (Save remaining syrup for another use, such as sweetening iced tea.)
- ☐ Transfer pure to popsicle molds (see Notes) and freeze 4 hours. Insert popsicle sticks and freeze an additional 4 to 6 hours, or until frozen solid.

Nutrition Facts



Properties

Glycemic Index:8.8, Glycemic Load:5.26, Inflammation Score:-1, Nutrition Score:1.1882608889238%

Flavonoids

Cyanidin: 3.49mg, Cyanidin: 3.49mg, Cyanidin: 3.49mg, Cyanidin: 3.49mg Petunidin: 2.36mg, Petunidin: 2.36mg, Petunidin: 2.36mg, Petunidin: 2.36mg Delphinidin: 2.72mg, Delphinidin: 2.72mg, Delphinidin: 2.72mg, Delphinidin: 2.72mg Malvidin: 5.01mg, Malvidin: 5.01mg, Malvidin: 5.01mg, Malvidin: 5.01mg Pelargonidin: 1.85mg, Pelargonidin: 1.85mg, Pelargonidin: 1.85mg, Pelargonidin: 1.85mg Peonidin: 1.51mg, Peonidin: 1.51mg, Peonidin: 1.51mg, Peonidin: 1.51mg Catechin: 0.69mg, Catechin: 0.69mg, Catechin: 0.69mg, Catechin: 0.69mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.29mg, Epicatechin: 0.29mg, Epicatechin: 0.29mg, Epicatechin: 0.29mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.44mg, Hesperetin: 0.44mg, Hesperetin: 0.44mg, Hesperetin: 0.44mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 35.98kcal (1.8%), Fat: 0.11g (0.17%), Saturated Fat: 0.01g (0.03%), Carbohydrates: 9.19g (3.06%), Net Carbohydrates: 8.47g (3.08%), Sugar: 8.08g (8.98%), Cholesterol: 0mg (0%), Sodium: 0.3mg (0.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.19g (0.37%), Vitamin C: 7.7mg (9.34%), Manganese: 0.09mg (4.67%), Fiber: 0.72g (2.88%), Vitamin K: 2.05µg (1.96%), Folate: 4.04µg (1.01%)