

Tropical Ice Pops

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



273 kcal

DESSERT

Ingredients

- 1 cup coconut flakes unsweetened divided
- 1 cup coconut flakes unsweetened divided
- 1 cup lite coconut milk light
- 1 cup mangos fresh
- 3.5 Tbs maple syrup divided (add more if necessary)
- 0.8 cup pineapple fresh
- 6 frangelico
- 6 frangelico

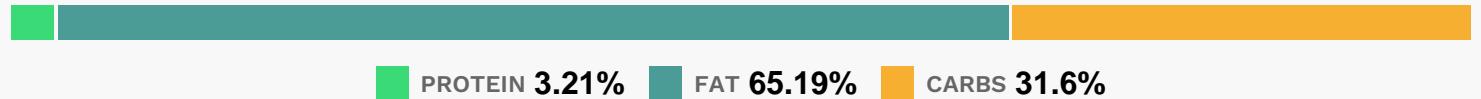
Equipment

- bowl
- blender
- popsicle sticks

Directions

- Pure the mango, pineapple, 3/4 cup coconut beverage and 1 1/2 tablespoon maple syrup in a blender.
- Pour equal amounts of the mixture into each mould. In a small bowl, mix the coconut milk, 1/4 cup of coconut beverage, and 2-3 TBS of maple syrup (adjust the sweetness to your taste).
- Pour equal amounts of the coconut mixture on top of the fruit pure. Insert a popsicle stick into each of the moulds, leaving about a quarter of the stick above the mould. Freeze the popsicles for about 2 to 3 hours. To remove the ice pops from the moulds, run them under warm to hot water for about 5 to 10 seconds before pulling them out.

Nutrition Facts



Properties

Glycemic Index:24.49, Glycemic Load:6.19, Inflammation Score:-4, Nutrition Score:9.005652173913%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.47mg, Catechin: 0.47mg, Catechin: 0.47mg, Catechin: 0.47mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 273.09kcal (13.65%), Fat: 20.63g (31.74%), Saturated Fat: 18.46g (115.37%), Carbohydrates: 22.5g (7.5%), Net Carbohydrates: 17.15g (6.24%), Sugar: 14.87g (16.52%), Cholesterol: 0mg (0%), Sodium: 39.79mg (1.73%), Protein: 2.29g (4.57%), Manganese: 1.25mg (62.73%), Vitamin C: 20.29mg (24.6%), Fiber: 5.35g (21.39%), Copper: 0.28mg (13.94%), Vitamin B2: 0.19mg (11.39%), Magnesium: 33.17mg (8.29%), Selenium: 5.43µg (7.75%), Potassium:

248.78mg (7.11%), Vitamin B6: 0.14mg (7.04%), Phosphorus: 63.87mg (6.39%), Vitamin A: 309.51IU (6.19%), Iron: 1.06mg (5.87%), Zinc: 0.7mg (4.67%), Folate: 18.09µg (4.52%), Vitamin B5: 0.32mg (3.25%), Vitamin B1: 0.05mg (3.25%), Calcium: 25.79mg (2.58%), Vitamin E: 0.38mg (2.51%), Vitamin B3: 0.47mg (2.34%), Vitamin K: 1.38µg (1.32%)