



Very Berry And Soy Delicious Ice Pops

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



180 min.

SERVINGS



12

CALORIES



92 kcal

DESSERT

Ingredients

- 1 pint blueberries
- 0.5 cup brown sugar
- 2.5 cups vanilla soy milk
- 1 pint strawberries hulled

Equipment

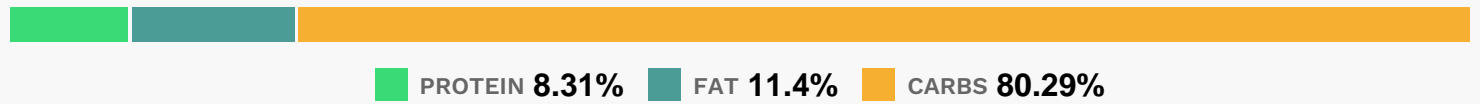
- food processor
- bowl
- sieve

- blender
- cheesecloth

Directions

- Puree the blueberries and strawberries in batches in a blender or food processor. Strain into a medium bowl, through a sieve lined with cheesecloth.
- Stir brown sugar into berries. Stir in soy milk until well blended.
- Pour mixture into small paper cups, filling about two-thirds full. Freeze until beginning to firm. Insert wooden sticks and freeze until firm, 2 to 3 hours.

Nutrition Facts



Properties

Glycemic Index:9.45, Glycemic Load:3.31, Inflammation Score:-4, Nutrition Score:6.9843477684519%

Flavonoids

Cyanidin: 4mg, Cyanidin: 4mg, Cyanidin: 4mg, Cyanidin: 4mg Petunidin: 12.48mg, Petunidin: 12.48mg, Petunidin: 12.48mg, Petunidin: 12.48mg Delphinidin: 14.09mg, Delphinidin: 14.09mg, Delphinidin: 14.09mg, Delphinidin: 14.09mg Malvidin: 26.66mg, Malvidin: 26.66mg, Malvidin: 26.66mg, Malvidin: 26.66mg Pelargonidin: 9.8mg, Pelargonidin: 9.8mg, Pelargonidin: 9.8mg, Pelargonidin: 9.8mg Peonidin: 8.02mg, Peonidin: 8.02mg, Peonidin: 8.02mg, Peonidin: 8.02mg Catechin: 3.31mg, Catechin: 3.31mg, Catechin: 3.31mg, Catechin: 3.31mg Epigallocatechin: 0.57mg, Epigallocatechin: 0.57mg, Epigallocatechin: 0.57mg, Epigallocatechin: 0.57mg Epicatechin: 0.41mg, Epicatechin: 0.41mg, Epicatechin: 0.41mg, Epicatechin: 0.41mg 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 Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.85mg, Kaempferol: 0.85mg, Kaempferol: 0.85mg, Kaempferol: 0.85mg Myricetin: 0.53mg, Myricetin: 0.53mg, Myricetin: 0.53mg, Myricetin: 0.53mg Quercetin: 3.46mg, Quercetin: 3.46mg, Quercetin: 3.46mg, Quercetin: 3.46mg Galliccatechin: 0.06mg, Galliccatechin: 0.06mg, Galliccatechin: 0.06mg, Galliccatechin: 0.06mg

Nutrients (% of daily need)

Calories: 92.05kcal (4.6%), Fat: 1.23g (1.89%), Saturated Fat: 0.12g (0.74%), Carbohydrates: 19.43g (6.48%), Net Carbohydrates: 17.5g (6.36%), Sugar: 15.99g (17.77%), Cholesterol: 0mg (0%), Sodium: 27.94mg (1.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.01g (4.02%), Vitamin C: 30.55mg (37.03%), Manganese: 0.29mg (14.53%), Vitamin E: 1.58mg (10.52%), Vitamin B3: 1.95mg (9.73%), Vitamin B12: 0.53µg (8.85%), Calcium: 85.12mg (8.51%),

Vitamin K: 8.48µg (8.07%), Vitamin B6: 0.16mg (7.87%), Fiber: 1.93g (7.73%), Vitamin B2: 0.12mg (7.22%), Folate: 27.65µg (6.91%), Copper: 0.11mg (5.31%), Potassium: 172.21mg (4.92%), Vitamin A: 219.25IU (4.38%), Vitamin D: 0.59µg (3.93%), Vitamin B1: 0.05mg (3.64%), Iron: 0.58mg (3.21%), Magnesium: 8.32mg (2.08%), Selenium: 1.44µg (2.05%), Zinc: 0.24mg (1.59%), Phosphorus: 14.56mg (1.46%), Vitamin B5: 0.11mg (1.1%)