



Watermelon-Jalapeño Ice Pops

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



370 min.

SERVINGS



8

CALORIES



76 kcal

DESSERT

Ingredients

- 1 tablespoon light-colored corn syrup
- 1 large jalapeño halved seeded
- 0.3 cup juice of lime fresh
- 2 teaspoons lime rind grated
- 1 tablespoon liquid pectin
- 0.5 cup sugar
- 3 cups watermelon cubes fresh red yellow chilled

Equipment

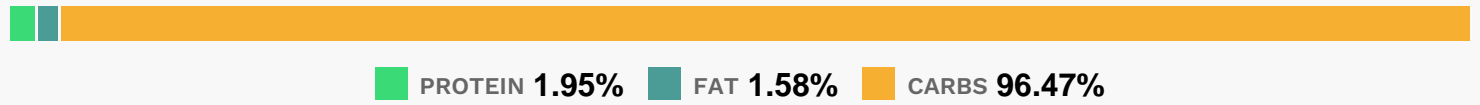
blender

Directions

Combine the first 6 ingredients in a blender, and process until pureed. Stir in lime rind.

Pour into 8 (3-ounce) ice pop molds. Freeze 6 hours or until firm.

Nutrition Facts



Properties

Glycemic Index:28.47, Glycemic Load:12.2, Inflammation Score:-3, Nutrition Score:1.6317391265994%

Flavonoids

Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg Hesperetin: 0.89mg, Hesperetin: 0.89mg, Hesperetin: 0.89mg, Hesperetin: 0.89mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 75.76kcal (3.79%), Fat: 0.14g (0.22%), Saturated Fat: 0.01g (0.07%), Carbohydrates: 19.71g (6.57%), Net Carbohydrates: 19.35g (7.04%), Sugar: 18.33g (20.37%), Cholesterol: 0mg (0%), Sodium: 2.61mg (0.11%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 0.4g (0.8%), Vitamin C: 9.11mg (11.04%), Vitamin A: 347.23IU (6.94%), Potassium: 77.82mg (2.22%), Vitamin B6: 0.04mg (1.8%), Magnesium: 6.63mg (1.66%), Vitamin B1: 0.02mg (1.54%), Fiber: 0.36g (1.44%), Vitamin B5: 0.14mg (1.42%), Copper: 0.03mg (1.4%), Manganese: 0.03mg (1.26%)