



Watermelon, Lemonade, and Blueberry Ice Pops



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



68 kcal

DESSERT

Ingredients

- ☐ 2 cups blueberries fresh (from three)
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 0.3 cup orange juice
- ☐ 5 tablespoons sugar
- ☐ 0.3 teaspoon vanilla extract
- ☐ 1 cup water
- ☐ 2.5 cups watermelon seeded (from 2-pound piece)

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ knife
- ☐ baking pan
- ☐ aluminum foil
- ☐ kitchen scissors

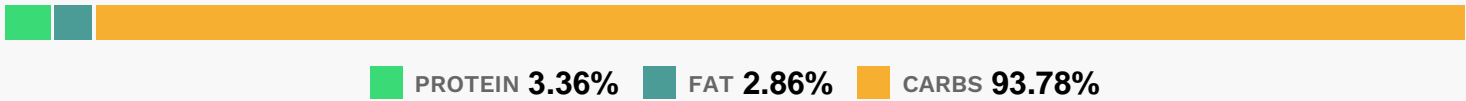
Directions

- ☐ Blend watermelon and sugar in processor until smooth. Strain puree into bowl, pressing on solids to extract as much fruit as possible.
- ☐ Place cups in shallow baking pan. Spoon watermelon puree into cups, dividing equally (scant 3 tablespoons each). Freeze until mixture is almost frozen, about 2 hours. Cover cups with rounds of foil, sealing tightly at edges. Using tip of small knife, make 1/4-inch slit in center of each foil cover. Push ice pop stick through slit and securely into watermelon ice without hitting bottom of cup. Freeze until watermelon ice is solid, about 1 hour longer.
- ☐ Bring 1/2 cup water and sugar to boil in heavy small saucepan over medium-high heat, stirring until sugar dissolves.
- ☐ Remove from heat.
- ☐ Mix in lemon juice, orange juice, and vanilla. Cool to room temperature.
- ☐ Place pan with frozen pops on work surface; carefully fold back foil over each cup without dislodging stick. Spoon lemonade into cups, dividing equally (scant 3 tablespoons each). Reseal foil. Freeze until lemonade layer is solid, about 2 hours.
- ☐ Stir blueberries, 1 cup water, and sugar in heavy medium saucepan over medium-high heat until sugar dissolves. Boil until berries are very soft, stirring occasionally, about 5 minutes. Strain mixture into small bowl, pressing on solids to extract as much fruit as possible.
- ☐ Mix in lemon juice. Cool to room temperature.
- ☐ Place pan with frozen pops on work surface; carefully fold back foil over each cup without dislodging stick. Spoon blueberry mixture into cups, dividing equally (generous 3 tablespoons each). Reseal foil. Freeze until pops are frozen solid, about 8 hours. (Can be made 2 days

ahead. Keep frozen.)

- ☐
- Remove foil, then tear or use scissors to cut cup off each pop; return ice pops to pan and freeze until ready to serve.

Nutrition Facts



Properties

Glycemic Index:29.59, Glycemic Load:9.97, Inflammation Score:-4, Nutrition Score:2.7252173955026%

Flavonoids

Cyanidin: 3.13mg, Cyanidin: 3.13mg, Cyanidin: 3.13mg, Cyanidin: 3.13mg Petunidin: 11.67mg, Petunidin: 11.67mg, Petunidin: 11.67mg, Petunidin: 11.67mg Delphinidin: 13.11mg, Delphinidin: 13.11mg, Delphinidin: 13.11mg, Delphinidin: 13.11mg Malvidin: 25.01mg, Malvidin: 25.01mg, Malvidin: 25.01mg, Malvidin: 25.01mg Peonidin: 7.51mg, Peonidin: 7.51mg, Peonidin: 7.51mg, Peonidin: 7.51mg Catechin: 1.96mg, Catechin: 1.96mg, Catechin: 1.96mg, Catechin: 1.96mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 1.02mg, Hesperetin: 1.02mg, Hesperetin: 1.02mg, Hesperetin: 1.02mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Kaempferol: 0.83mg, Kaempferol: 0.83mg, Kaempferol: 0.83mg, Kaempferol: 0.83mg Myricetin: 0.49mg, Myricetin: 0.49mg, Myricetin: 0.49mg, Myricetin: 0.49mg Quercetin: 2.86mg, Quercetin: 2.86mg, Quercetin: 2.86mg, Quercetin: 2.86mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 68.2kcal (3.41%), Fat: 0.23g (0.36%), Saturated Fat: 0.02g (0.13%), Carbohydrates: 17.29g (5.76%), Net Carbohydrates: 16.19g (5.89%), Sugar: 14.8g (16.44%), Cholesterol: 0mg (0%), Sodium: 2.49mg (0.11%), Alcohol: 0.04g (100%), Alcohol %: 0.04% (100%), Protein: 0.62g (1.24%), Vitamin C: 11.55mg (14%), Manganese: 0.14mg (7.21%), Vitamin K: 7.2µg (6.85%), Vitamin A: 305.79IU (6.12%), Fiber: 1.1g (4.38%), Potassium: 98.17mg (2.8%), Copper: 0.05mg (2.49%), Vitamin B1: 0.04mg (2.43%), Vitamin B6: 0.04mg (2.2%), Magnesium: 8.17mg (2.04%), Vitamin B2: 0.03mg (1.71%), Vitamin B5: 0.17mg (1.66%), Vitamin E: 0.24mg (1.59%), Folate: 6.09µg (1.52%), Vitamin B3: 0.27mg (1.36%), Iron: 0.24mg (1.32%), Phosphorus: 11.04mg (1.1%)