

Watermelon Mango Ice Pops



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



255 min.

SERVINGS



6

CALORIES



37 kcal

Ingredients

- ☐ 1 tablespoon juice of lemon
- ☐ 1 cup mango chunks
- ☐ 0.5 cup raspberries
- ☐ 2 cups watermelon cubed seeded

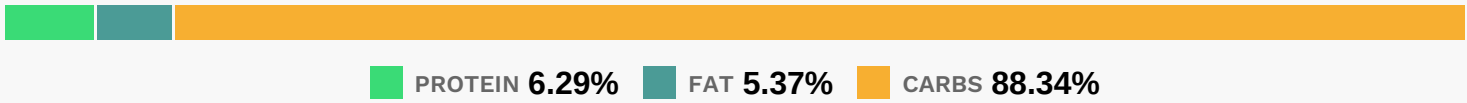
Equipment

- ☐ blender

Directions

- ☐ Blend watermelon, mango chunks, raspberries, and lemon juice in a blender until smooth; pour into ice pop molds and insert handles or sticks.
- ☐ Freeze until firm, at least 4 hours.

Nutrition Facts



Properties

Glycemic Index:25.4, Glycemic Load:4.75, Inflammation Score:-5, Nutrition Score:3.3043477716653%

Flavonoids

Cyanidin: 4.6mg, Cyanidin: 4.6mg, Cyanidin: 4.6mg, Cyanidin: 4.6mg Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg Delphinidin: 0.14mg, Delphinidin: 0.14mg, Delphinidin: 0.14mg, Delphinidin: 0.14mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 0.1mg, Pelargonidin: 0.1mg, Pelargonidin: 0.1mg, Pelargonidin: 0.1mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 0.35mg, Epicatechin: 0.35mg, Epicatechin: 0.35mg, Epicatechin: 0.35mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 37.45kcal (1.87%), Fat: 0.25g (0.39%), Saturated Fat: 0.04g (0.23%), Carbohydrates: 9.31g (3.1%), Net Carbohydrates: 8.01g (2.91%), Sugar: 7.41g (8.24%), Cholesterol: 0mg (0%), Sodium: 0.91mg (0.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.66g (1.33%), Vitamin C: 17.7mg (21.46%), Vitamin A: 589.29IU (11.79%), Fiber: 1.3g (5.2%), Manganese: 0.1mg (5.19%), Folate: 15.94µg (3.99%), Potassium: 120.62mg (3.45%), Vitamin B6: 0.06mg (3.11%), Copper: 0.06mg (3.06%), Magnesium: 10.17mg (2.54%), Vitamin E: 0.36mg (2.42%), Vitamin B5: 0.2mg (2.02%), Vitamin K: 1.99µg (1.89%), Vitamin B1: 0.03mg (1.88%), Vitamin B3: 0.34mg (1.68%), Vitamin B2: 0.03mg (1.49%), Iron: 0.24mg (1.31%), Phosphorus: 12.52mg (1.25%)