



Yummy Banana Pops



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



95 kcal

DESSERT

Ingredients

- ☐ 4 small bananas mashed
- ☐ 6 wooden craft sticks
- ☐ 1 teaspoon juice of lemon
- ☐ 1 cup orange juice
- ☐ 2 tablespoons sugar
- ☐ 2 tablespoons water

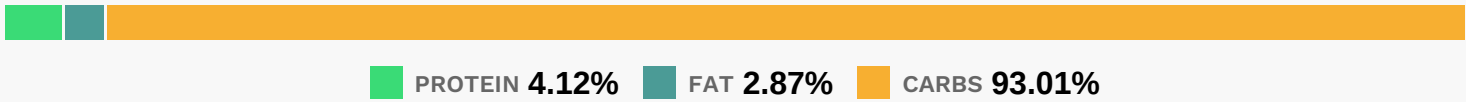
Equipment

- ☐ muffin tray

Directions

- ☐ Combine all ingredients.
- ☐ Place 6 (4-ounce) paper cups in a muffin pan. Spoon mixture into cups. Freeze 1 hour or until slightly firm; insert a stick in the center of each. Freeze 2 hours or until firm. Peel off cups, and serve.

Nutrition Facts



Properties

Glycemic Index:34.81, Glycemic Load:12.45, Inflammation Score:-3, Nutrition Score:4.9947825877563%

Flavonoids

Catechin: 4.11mg, Catechin: 4.11mg, Catechin: 4.11mg, Catechin: 4.11mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 5.06mg, Hesperetin: 5.06mg, Hesperetin: 5.06mg, Hesperetin: 5.06mg Naringenin: 0.9mg, Naringenin: 0.9mg, Naringenin: 0.9mg, Naringenin: 0.9mg Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 94.67kcal (4.73%), Fat: 0.33g (0.5%), Saturated Fat: 0.09g (0.55%), Carbohydrates: 23.81g (7.94%), Net Carbohydrates: 21.91g (7.97%), Sugar: 15.75g (17.5%), Cholesterol: 0mg (0%), Sodium: 4.59mg (0.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.05g (2.11%), Vitamin C: 26.97mg (32.69%), Vitamin B6: 0.27mg (13.35%), Manganese: 0.19mg (9.6%), Potassium: 335.06mg (9.57%), Fiber: 1.9g (7.6%), Folate: 27.47µg (6.87%), Magnesium: 23.27mg (5.82%), Vitamin B1: 0.06mg (3.94%), Vitamin B2: 0.06mg (3.81%), Copper: 0.07mg (3.67%), Vitamin B5: 0.31mg (3.14%), Vitamin B3: 0.63mg (3.13%), Vitamin A: 143.77IU (2.88%), Phosphorus: 22.87mg (2.29%), Iron: 0.27mg (1.49%), Vitamin K: 1.55µg (1.48%), Selenium: 0.76µg (1.08%)