



Yummy Watermelon Pops



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



255 min.

SERVINGS



8

CALORIES



43 kcal

DESSERT

Ingredients

- ☐ 1 tablespoon juice of lemon
- ☐ 0.5 cup raspberries fresh
- ☐ 2.5 cups watermelon cubed seeded
- ☐ 0.3 cup sugar white

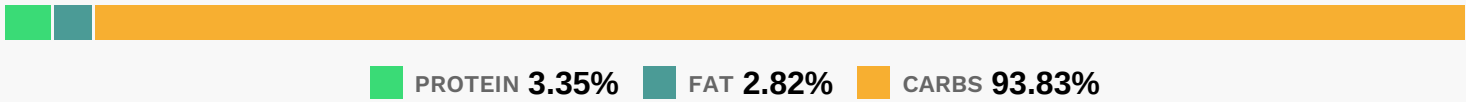
Equipment

- ☐ blender

Directions

- ☐
- Place the watermelon, lemon juice, sugar, and raspberries into a blender, and blend on High speed until the sugar has dissolved and the mixture is smooth.
- ☐
- Pour the mixture into ice pop molds, and insert sticks or handles. Freeze until firm, several hours or overnight.

Nutrition Facts



Properties

Glycemic Index:21.34, Glycemic Load:7, Inflammation Score:-2, Nutrition Score:1.5226086987102%

Flavonoids

Cyanidin: 3.43mg, Cyanidin: 3.43mg, Cyanidin: 3.43mg, Cyanidin: 3.43mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.1mg, Delphinidin: 0.1mg, Delphinidin: 0.1mg, Delphinidin: 0.1mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 0.07mg, Pelargonidin: 0.07mg, Pelargonidin: 0.07mg, Pelargonidin: 0.07mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.26mg, Epicatechin: 0.26mg, Epicatechin: 0.26mg, Epicatechin: 0.26mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 42.63kcal (2.13%), Fat: 0.14g (0.22%), Saturated Fat: 0.01g (0.06%), Carbohydrates: 10.83g (3.61%), Net Carbohydrates: 10.15g (3.69%), Sugar: 9.56g (10.62%), Cholesterol: 0mg (0%), Sodium: 0.63mg (0.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.39g (0.77%), Vitamin C: 6.54mg (7.93%), Vitamin A: 272.86IU (5.46%), Manganese: 0.07mg (3.44%), Fiber: 0.68g (2.73%), Potassium: 66.58mg (1.9%), Magnesium: 6.51mg (1.63%), Copper: 0.03mg (1.37%), Vitamin B5: 0.13mg (1.32%), Vitamin B6: 0.03mg (1.32%), Vitamin B1: 0.02mg (1.24%)