



Chia Gel



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



15 min.

SERVINGS



20

CALORIES



14 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



0.3 cup chia seeds



2 cups water

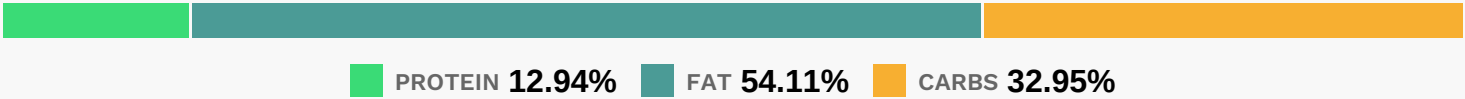
Equipment

Directions



Mix the Chia seeds and water in a small, sealable jar. Shake for 15 seconds and rest 1 minute. Shake another 15 seconds and refrigerate until gelatinous, about 10 minutes.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:1.0378260930757%

Nutrients (% of daily need)

Calories: 13.77kcal (0.69%), Fat: 0.87g (1.34%), Saturated Fat: 0.09g (0.59%), Carbohydrates: 1.19g (0.4%), Net Carbohydrates: 0.22g (0.08%), Sugar: 0 (0%), Cholesterol: 0mg (0%), Sodium: 1.64mg (0.07%), Alcohol %: 0% (100%), Protein: 0.47g (0.94%), Fiber: 0.97g (3.9%), Manganese: 0.08mg (3.86%), Phosphorus: 24.37mg (2.44%), Magnesium: 9.73mg (2.43%), Selenium: 1.56µg (2.23%), Calcium: 18.59mg (1.86%), Copper: 0.03mg (1.5%), Vitamin B3: 0.25mg (1.25%), Iron: 0.22mg (1.22%), Vitamin B1: 0.02mg (1.17%)