



Frozen Sweet Tea Pops



Gluten Free



Dairy Free

READY IN



375 min.

SERVINGS



32

CALORIES



17 kcal

DESSERT

Ingredients

- ☐ 4 bags tea black
- ☐ 8 cups water
- ☐ 0.5 cup sugar
- ☐ 32 small cocoa mix
- ☐ 32 celery stalks (with round ends)

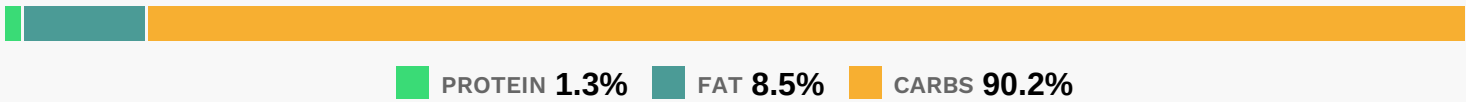
Equipment

- ☐ sauce pan
- ☐ aluminum foil

Directions

- ☐ In 3-quart saucepan, place tea bags and 4 cups of the water.
- ☐ Heat almost to boiling.
- ☐ Remove tea bags.
- ☐ Pour mixture into 1-gallon heatproof pitcher.
- ☐ Add sugar and remaining 4 cups water; stir until sugar is dissolved. Refrigerate 1 hour to cool.
- ☐ Into each paper cup, pour 1/4 cup tea mixture.
- ☐ Place small piece of foil over top of each cup. Make small slit in center of each piece of foil; insert stick.
- ☐ Place cups on tray. Freeze at least 5 hours.
- ☐ Tear off paper cups and serve.

Nutrition Facts



Properties

Glycemic Index:3.19, Glycemic Load:2.2, Inflammation Score:-1, Nutrition Score:0.22521739372093%

Flavonoids

Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg
Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg
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Thearubigins: 0.1mg, Thearubigins: 0.1mg, Thearubigins: 0.1mg, Thearubigins: 0.1mg
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: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg
Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 16.59kcal (0.83%), Fat: 0.17g (0.26%), Saturated Fat: 0.1g (0.64%), Carbohydrates: 3.98g (1.33%), Net Carbohydrates: 3.88g (1.41%), Sugar: 3.77g (4.19%), Cholesterol: 0mg (0%), Sodium: 14.69mg (0.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.06g (0.12%), Vitamin K: 1.17µg (1.12%)