



Frozen Sweet Tea Pops

 Gluten Free  Dairy Free

READY IN



375 min.

SERVINGS



32

CALORIES



100 kcal

DESSERT

Ingredients

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

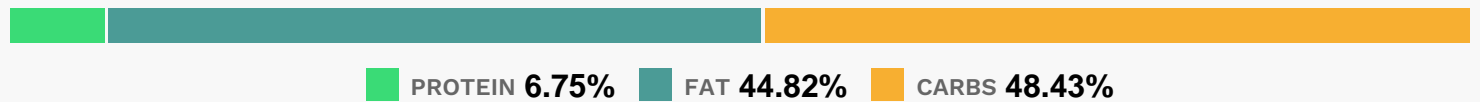
Equipment

- 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:1.4278260929429%

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
Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg
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: 100.14kcal (5.01%), Fat: 5.2g (8%), Saturated Fat: 1.82g (11.38%), Carbohydrates: 12.65g (4.22%), Net Carbohydrates: 11.97g (4.35%), Sugar: 11.2g (12.44%), Cholesterol: 1.02mg (0.34%), Sodium: 66.88mg (2.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.76g (3.52%), Vitamin B3: 0.78mg (3.88%), Magnesium: 11.58mg (2.89%), Phosphorus: 28.33mg (2.83%), Fiber: 0.68g (2.7%), Copper: 0.05mg (2.59%), Folate: 9.95µg (2.49%), Potassium: 68.82mg (1.97%), Vitamin B1: 0.03mg (1.87%), Calcium: 16.67mg (1.67%), Zinc: 0.23mg (1.53%), Vitamin K:

1.51µg (1.44%), Vitamin B2: 0.02mg (1.27%), Iron: 0.22mg (1.2%), Vitamin B5: 0.12mg (1.15%)