



Gingered-Peach Tea Snacks

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



130 min.

SERVINGS



10

CALORIES



13 kcal

BEVERAGE

DRINK

Ingredients

- 0.3 tsp ground ginger
- 1 cup crystal peach flavor iced tea light cold prepared
- 0.3 oz jell-o peach flavor gelatin sugar free
- 0.8 cup water boiling
- 0.8 cup peaches in extra-light syrup canned drained chopped

Equipment

- muffin liners

Directions

- Add boiling water to gelatin mix; stir 2 min. until completely dissolved. Stir in tea and ginger.
- Place peaches in 6 muffin cups sprayed lightly with cooking spray; cover with gelatin mixture.
- Refrigerate 2 hours or until firm. Unmold onto dessert plates just before serving.

Nutrition Facts



PROTEIN 2.21% **FAT 0.13%** **CARBS 97.66%**

Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:0, Nutrition Score:0.16173913427021%

Nutrients (% of daily need)

Calories: 12.6kcal (0.63%), Fat: 0g (0%), Saturated Fat: 0g (0.01%), Carbohydrates: 3.1g (1.04%), Net Carbohydrates: 3.1g (1.13%), Sugar: 3.01g (3.34%), Cholesterol: 0mg (0%), Sodium: 5.81mg (0.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.07g (0.14%), Manganese: 0.05mg (2.64%)