



A for the Holidays: Cinnamon Spice Kombucha

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



18 kcal

SIDE DISH

Ingredients

- 3 tablespoons apple juice
- 1 cinnamon sticks organic (buy cinnamon sticks here)
- 1 teaspoon ginger grated
- 1.8 cup freshly tea (learn how to brew kombucha here)

Equipment

- sieve

Directions

- Drop the cloves and cinnamon stick into a 16-ounce flip-top bottle (available here). In a pitcher, stir the grated ginger and apple juice into the kombucha tea.
- Pour the liquid ingredients into the flip-top bottle, leaving at least 1/2 inch of headspace. Close the bottle, and transfer it to a warm spot in your kitchen. Allow the kombucha to ferment for 5 days, then transfer to the refrigerator. Open the bottle carefully over the sink as it may foam, and strain the kombucha through a fine mesh sieve.
- Serve the kombucha over ice.

Nutrition Facts

PROTEIN 2.21% **FAT 2.63%** **CARBS 95.16%**

Properties

Glycemic Index:30.38, Glycemic Load:1.07, Inflammation Score:-7, Nutrition Score:2.6734782829881%

Flavonoids

Catechin: 3.4mg, Catechin: 3.4mg, Catechin: 3.4mg, Catechin: 3.4mg Epigallocatechin: 16.62mg, Epigallocatechin: 16.62mg, Epigallocatechin: 16.62mg, Epigallocatechin: 16.62mg Epicatechin: 5.46mg, Epicatechin: 5.46mg, Epicatechin: 5.46mg, Epicatechin: 5.46mg Epicatechin 3-gallate: 12.1mg, Epicatechin 3-gallate: 12.1mg, Epicatechin 3-gallate: 12.1mg, Epicatechin 3-gallate: 12.1mg Epigallocatechin 3-gallate: 19.33mg, Epigallocatechin 3-gallate: 19.33mg, Epigallocatechin 3-gallate: 19.33mg, Epigallocatechin 3-gallate: 19.33mg Theaflavin: 3.26mg, Theaflavin: 3.26mg, Theaflavin: 3.26mg Thearubigins: 167.88mg, Thearubigins: 167.88mg, Thearubigins: 167.88mg, Thearubigins: 167.88mg Kaempferol: 2.91mg, Kaempferol: 2.91mg, Kaempferol: 2.91mg, Kaempferol: 2.91mg Myricetin: 0.93mg, Myricetin: 0.93mg, Myricetin: 0.93mg, Myricetin: 0.93mg Quercetin: 4.65mg, Quercetin: 4.65mg, Quercetin: 4.65mg, Quercetin: 4.65mg Theaflavin-3,3'-digallate: 3.61mg, Theaflavin-3,3'-digallate: 3.61mg, Theaflavin-3,3'-digallate: 3.61mg, Theaflavin-3,3'-digallate: 3.61mg Theaflavin-3'-gallate: 3.12mg, Theaflavin-3'-gallate: 3.12mg, Theaflavin-3'-gallate: 3.12mg, Theaflavin-3'-gallate: 3.12mg Gallic acid: 2.58mg, Gallic acid: 2.58mg, Gallic acid: 2.58mg, Gallic acid: 2.58mg

Nutrients (% of daily need)

Calories: 17.54kcal (0.88%), Fat: 0.06g (0.09%), Saturated Fat: 0.02g (0.11%), Carbohydrates: 4.75g (1.58%), Net Carbohydrates: 3.76g (1.37%), Sugar: 2.22g (2.47%), Cholesterol: 0mg (0%), Sodium: 7.4mg (0.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 41.3mg (13.77%), Protein: 0.11g (0.22%), Manganese: 0.78mg (38.84%), Fiber: 0.99g (3.98%), Potassium: 110.82mg (3.17%), Folate: 10.54µg (2.63%), Magnesium: 8.8mg (2.2%), Vitamin B2: 0.03mg (1.99%), Calcium: 19.5mg (1.95%), Copper: 0.03mg (1.58%), Iron: 0.22mg (1.22%)