



## Agua de Jamaica (Hibiscus Tea)



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular



Low Fod Map

READY IN



35 min.

SERVINGS



4

CALORIES



147 kcal

BEVERAGE

DRINK

## Ingredients

- ☐ 2 quarts water
- ☐ 0.8 cup sugar sweet (depending on how you would like it to be)
- ☐ 1 cup hibiscus flowers dried
- ☐ 0.5 cinnamon sticks
- ☐ 1 slices cranberry-orange relish for garnish

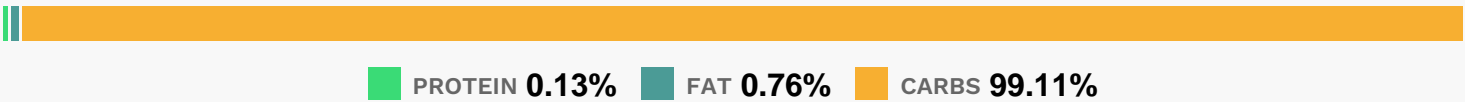
## Equipment

- ☐ sauce pan

# Directions

- ☐ Boil water with sugar and spices: Put 4 cups of the water and the sugar in a medium saucepan.
- ☐ Add cinnamon, ginger slices, and/or a few allspice berries if you would like.
- ☐ Heat until boiling and the sugar has dissolved.
- ☐ Steep with dried hibiscus flowers:
- ☐ Remove from heat. Stir in the dried hibiscus flowers. Cover and let sit for 20 minutes.
- ☐ Strain: Strain into a pitcher and discard the used hibiscus flowers, ginger, cinnamon, and/or allspice berries.
- ☐ (At this point you can store ahead the concentrate, chilled, until ready to make the drink.)
- ☐ Add water:
- ☐ Add remaining 4 cups of water (or if you want to chill the drink quickly, ice and water) to the concentrate, and chill.
- ☐ Alternatively you can add ice and chilled soda water for a bubbly version.
- ☐ Add a little lime juice for a more punch-like flavor.
- ☐ Serve over ice with a slice of orange or lime.

# Nutrition Facts



# Properties

Glycemic Index:29.4, Glycemic Load:26.32, Inflammation Score:-1, Nutrition Score:1.0265217446115%

# Flavonoids

Hesperetin: 0.95mg, Hesperetin: 0.95mg, Hesperetin: 0.95mg, Hesperetin: 0.95mg Naringenin: 0.54mg, Naringenin: 0.54mg, Naringenin: 0.54mg, Naringenin: 0.54mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

# Nutrients (% of daily need)

Calories: 147.1kcal (7.36%), Fat: 0.13g (0.2%), Saturated Fat: 0g (0.01%), Carbohydrates: 38.12g (12.71%), Net Carbohydrates: 37.8g (13.75%), Sugar: 37.76g (41.96%), Cholesterol: 0mg (0%), Sodium: 26.44mg (1.15%), Alcohol:

Og (100%), Alcohol %: 0% (100%), Protein: 0.05g (0.1%), Copper: 0.08mg (4.07%), Manganese: 0.08mg (3.94%), Vitamin A: 184.24IU (3.68%), Calcium: 25.09mg (2.51%), Vitamin C: 1.88mg (2.28%), Magnesium: 7.12mg (1.78%), Fiber: 0.32g (1.27%)