

Almond Tea



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



216 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 4 teaspoons almond extract
- ☐ 1 slices garnishes: lemon
- ☐ 1.3 cups juice of lemon fresh
- ☐ 1.5 cups sugar
- ☐ 4 family-size tea bags
- ☐ 2 teaspoons vanilla extract
- ☐ 12 cups water divided

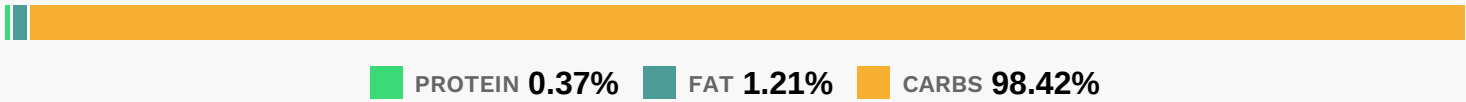
Equipment

sauce pan

Directions

- Bring 4 cups water to a boil: pour over tea bags. Cover and steep 10 minutes; discard tea bags.
- Bring remaining 8 cups water and sugar to a boil in a large saucepan, stirring constantly; boil 5 minutes.
- Remove from heat; stir in tea, lemon juice, and extracts. Chill.
- Serve over ice; garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:15.93, Glycemic Load:34.92, Inflammation Score:-1, Nutrition Score:2.0986956672176%

Flavonoids

Eriodictyol: 2.9mg, Eriodictyol: 2.9mg, Eriodictyol: 2.9mg, Eriodictyol: 2.9mg Hesperetin: 8.17mg, Hesperetin: 8.17mg, Hesperetin: 8.17mg, Hesperetin: 8.17mg Naringenin: 0.75mg, Naringenin: 0.75mg, Naringenin: 0.75mg, Naringenin: 0.75mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 216.29kcal (10.81%), Fat: 0.3g (0.46%), Saturated Fat: 0.02g (0.14%), Carbohydrates: 54.16g (18.05%), Net Carbohydrates: 53.96g (19.62%), Sugar: 51.8g (57.56%), Cholesterol: 0mg (0%), Sodium: 25.08mg (1.09%), Alcohol: 1.38g (100%), Alcohol %: 0.3% (100%), Protein: 0.2g (0.41%), Vitamin C: 21.6mg (26.18%), Copper: 0.09mg (4.56%), Folate: 10.97µg (2.74%), Magnesium: 8.56mg (2.14%), Calcium: 18.69mg (1.87%), Potassium: 64.38mg (1.84%), Vitamin B6: 0.03mg (1.35%), Vitamin B2: 0.02mg (1.27%)