



Almond Tea



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



423 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 2 teaspoons almond extract
- ☐ 1 cup juice of lemon
- ☐ 2 cups sugar
- ☐ 3 tablespoons freshly tea instant
- ☐ 2 tablespoons vanilla extract
- ☐ 6 cups water divided

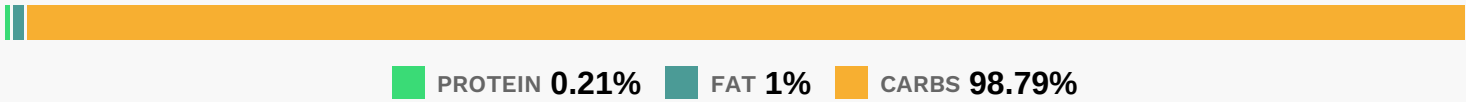
Equipment

- ☐ sauce pan

Directions

- ☐ Bring sugar and 2 cups water to a boil in a large saucepan; boil mixture for 2 minutes.
- ☐ Add lemon juice and next 3 ingredients, stirring well. Cool.
- ☐ Pour syrup into a pitcher. Stir in remaining 4 cups water.
- ☐ Serve tea over ice.

Nutrition Facts



Properties

Glycemic Index:17.52, Glycemic Load:69.81, Inflammation Score:-1, Nutrition Score:2.3852174194611%

Flavonoids

Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg Epigallocatechin: 0.89mg, Epigallocatechin: 0.89mg, Epigallocatechin: 0.89mg, Epigallocatechin: 0.89mg Epicatechin: 0.24mg, Epicatechin: 0.24mg, Epicatechin: 0.24mg, Epicatechin: 0.24mg Epicatechin 3-gallate: 0.65mg, Epicatechin 3-gallate: 0.65mg, Epicatechin 3-gallate: 0.65mg, Epicatechin 3-gallate: 0.65mg Epigallocatechin 3-gallate: 1.04mg, Epigallocatechin 3-gallate: 1.04mg, Epigallocatechin 3-gallate: 1.04mg, Epigallocatechin 3-gallate: 1.04mg Theaflavin: 0.18mg, Theaflavin: 0.18mg, Theaflavin: 0.18mg, Theaflavin: 0.18mg Thearubigins: 9.02mg, Thearubigins: 9.02mg, Thearubigins: 9.02mg, Thearubigins: 9.02mg Eriodictyol: 2.98mg, Eriodictyol: 2.98mg, Eriodictyol: 2.98mg, Eriodictyol: 2.98mg Hesperetin: 8.83mg, Hesperetin: 8.83mg, Hesperetin: 8.83mg, Hesperetin: 8.83mg Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg Theaflavin-3,3'-digallate: 0.19mg, Theaflavin-3,3'-digallate: 0.19mg, Theaflavin-3,3'-digallate: 0.19mg, Theaflavin-3,3'-digallate: 0.19mg Theaflavin-3'-gallate: 0.17mg, Theaflavin-3'-gallate: 0.17mg, Theaflavin-3'-gallate: 0.17mg, Theaflavin-3'-gallate: 0.17mg Gallocatechin: 0.14mg, Gallocatechin: 0.14mg, Gallocatechin: 0.14mg, Gallocatechin: 0.14mg

Nutrients (% of daily need)

Calories: 423.01kcal (21.15%), Fat: 0.47g (0.73%), Saturated Fat: 0.03g (0.16%), Carbohydrates: 104.92g (34.97%), Net Carbohydrates: 104.73g (38.09%), Sugar: 102.41g (113.79%), Cholesterol: 0mg (0%), Sodium: 20.45mg (0.89%), Alcohol: 2.92g (100%), Alcohol %: 0.69% (100%), Protein: 0.22g (0.44%), Vitamin C: 23.61mg (28.61%), Copper: 0.08mg (4.04%), Folate: 12.75µg (3.19%), Manganese: 0.06mg (2.76%), Potassium: 81.51mg (2.33%), Vitamin B2: 0.04mg (2.22%), Magnesium: 8.56mg (2.14%), Calcium: 16.24mg (1.62%), Vitamin B6: 0.03mg (1.51%), Vitamin B1: 0.02mg (1.04%)