



Apple Mint Tea



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



5 min.

SERVINGS



2

CALORIES



16 kcal

Ingredients



1 cup apple mint leaves fresh loosely packed



4 cup water

Equipment



bowl



ice cube tray

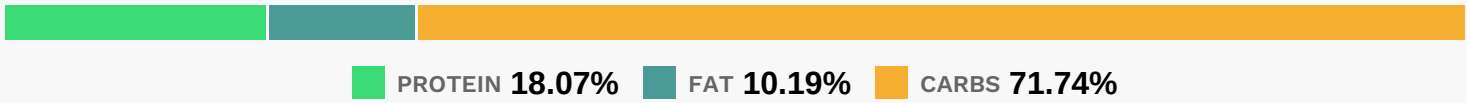
Directions



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- ☐ Apple Mint Tea1 * View * Edit
- ☐ Recipe Apple Mint Tea1 has been updated.Posted by Greg Henry
- ☐ Summary
- ☐ Yield
- ☐ Descriptionapple mint tea1 cup loosely packed fresh Apple Mint leaves4 cups water
- ☐ Remove all the leaves from their stems and place in a small bowl. Using the back of a spoon lightly crush the leaves to release the oils.Using any method or device you like steep the mint leaves in almost boiling, very hot water.
- ☐ Let it sit undisturbed about 10 minutes.This is a very delicate tea. It benefits from a long steeping time. Use you judgment as to when the delicate flavors peaks and most suits you.You can drink it hot, but I often enjoy it very, very cold. Which is not the same as iced. Because water based ice-cubes would quickly dilute this gentle tea down to the point of altering its delicate nature.Instead, pour half of the tea into an ice cube tray and freeze it. Store the other half in the fridge. When it is time to enjoy that quiet moment simply add the cubes to the glass and pour some of the tea over the cubes of frozen apple mint tea.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-6, Nutrition Score:4.2260869378629%

Flavonoids

Eriodictyol: 6.96mg, Eriodictyol: 6.96mg, Eriodictyol: 6.96mg, Eriodictyol: 6.96mg Hesperetin: 2.29mg, Hesperetin: 2.29mg, Hesperetin: 2.29mg, Hesperetin: 2.29mg Apigenin: 1.21mg, Apigenin: 1.21mg, Apigenin: 1.21mg, Apigenin: 1.21mg Luteolin: 2.85mg, Luteolin: 2.85mg, Luteolin: 2.85mg, Luteolin: 2.85mg

Nutrients (% of daily need)

Calories: 15.75kcal (0.79%), Fat: 0.21g (0.33%), Saturated Fat: 0.06g (0.35%), Carbohydrates: 3.35g (1.12%), Net Carbohydrates: 1.55g (0.56%), Sugar: 0 (0%), Cholesterol: 0mg (0%), Sodium: 30.63mg (1.33%), Alcohol %: 0% (100%), Protein: 0.84g (1.69%), Vitamin A: 955.8IU (19.12%), Manganese: 0.26mg (13.23%), Vitamin C: 7.16mg (8.67%), Copper: 0.15mg (7.49%), Fiber: 1.8g (7.2%), Calcium: 68.87mg (6.89%), Folate: 25.65µg (6.41%), Iron: 1.14mg (6.35%), Magnesium: 22.73mg (5.68%), Potassium: 128.02mg (3.66%), Vitamin B2: 0.06mg (3.52%), Zinc: 0.3mg (1.98%), Vitamin B3: 0.38mg (1.92%), Phosphorus: 16.42mg (1.64%), Vitamin B6: 0.03mg (1.45%), Vitamin B1: 0.02mg (1.23%)