



Bitter Chamomile Tonic



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



10 min.

SERVINGS



20

CALORIES



129 kcal

BEVERAGE

DRINK

Ingredients



1 cup chamomile flowers dried



10 ounces dandelion greens finely chopped



1 cup mint leaves fresh finely chopped



2 cups lemon verbena leaves dried fresh finely chopped



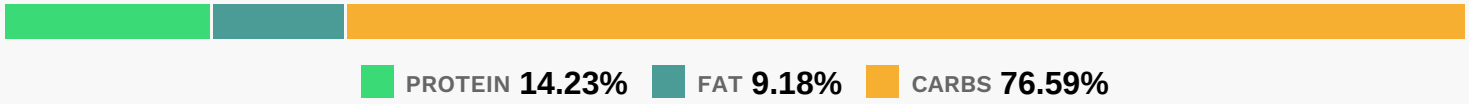
1 quart vodka

Equipment

Directions

- ☐ Combine the greens and herbs with the vodka in a glass jar or container.
- ☐ Let stand in a cool, dark place for 3 to 4 weeks. Strain into a clean bottle and refrigerate for up to 3 months.

Nutrition Facts



Properties

Glycemic Index:2.03, Glycemic Load:0.35, Inflammation Score:-8, Nutrition Score:10.310434728861%

Flavonoids

Eriodictyol: 5.22mg, Eriodictyol: 5.22mg, Eriodictyol: 5.22mg, Eriodictyol: 5.22mg Hesperetin: 6.14mg, Hesperetin: 6.14mg, Hesperetin: 6.14mg, Hesperetin: 6.14mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.69mg, Luteolin: 0.69mg, Luteolin: 0.69mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 129.44kcal (6.47%), Fat: 0.25g (0.39%), Saturated Fat: 0.04g (0.24%), Carbohydrates: 4.79g (1.6%), Net Carbohydrates: 2.84g (1.03%), Sugar: 0.63g (0.7%), Cholesterol: 0mg (0%), Sodium: 12.37mg (0.54%), Alcohol: 15.8g (100%), Alcohol %: 20.7% (100%), Protein: 0.89g (1.78%), Vitamin K: 110.28µg (105.03%), Iron: 7.36mg (40.87%), Vitamin A: 1540.54IU (30.81%), Vitamin C: 16.91mg (20.5%), Fiber: 1.94g (7.78%), Potassium: 164.26mg (4.69%), Manganese: 0.08mg (4.06%), Calcium: 37.49mg (3.75%), Magnesium: 14.36mg (3.59%), Vitamin E: 0.52mg (3.46%), Vitamin B2: 0.05mg (2.96%), Vitamin B6: 0.06mg (2.77%), Vitamin B1: 0.04mg (2.64%), Phosphorus: 25.43mg (2.54%), Copper: 0.04mg (2.21%), Folate: 8.72µg (2.18%)