



Chamomile-Ginger Iced Tea

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



68 kcal

BEVERAGE

DRINK

Ingredients

- 2 tablespoons ginger fresh grated peeled
- 6 tablespoons honey
- 6 servings ice cubes
- 2 tablespoons juice of lemon fresh (2 lemons)
- 8 inch lemon rind
- 12 chamomile tea bags
- 8 cups water

Equipment

- frying pan
- sauce pan
- sieve

Directions

- Bring 8 cups water to a boil in a 3-quart saucepan.
- Remove pan from heat; add honey and next 4 ingredients (through lemon rind). Steep 1 hour and 30 minutes.
- Pour tea mixture through a sieve into a pitcher; discard solids. Cover and refrigerate until thoroughly chilled.
- Serve over ice, and garnish with lemon wedges, if desired.

Nutrition Facts

■ PROTEIN **0.92%**
■ FAT **0.47%**
■ CARBS **98.61%**

Properties

Glycemic Index:11.21, Glycemic Load:9.08, Inflammation Score:-1, Nutrition Score:1.0439130349652%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 68.4kcal (3.42%), Fat: 0.04g (0.06%), Saturated Fat: 0.01g (0.05%), Carbohydrates: 18.61g (6.2%), Net Carbohydrates: 18.14g (6.6%), Sugar: 17.55g (19.5%), Cholesterol: 0mg (0%), Sodium: 19.97mg (0.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.17g (0.35%), Vitamin C: 6.53mg (7.91%), Copper: 0.08mg (3.81%), Fiber: 0.46g (1.85%), Calcium: 17.61mg (1.76%), Magnesium: 5.95mg (1.49%), Manganese: 0.02mg (1.14%)