



Cherry Ginger Infused Tea

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



135 min.

SERVINGS



4

CALORIES



59 kcal

BEVERAGE

DRINK

Ingredients

- 1 cup cherries pitted
- 2 inch ginger fresh peeled sliced
- 8 g freshly tea green
- 4 cups water filtered divided
- 3 tablespoons sugar white

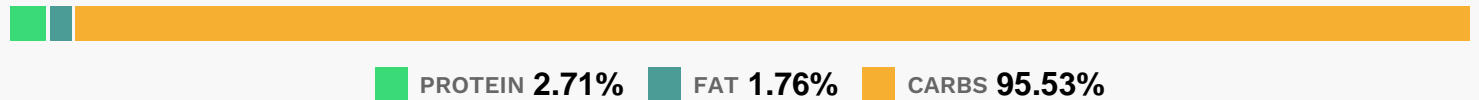
Equipment

- bowl
- plastic wrap

Directions

- Combine cherries and ginger slices in a glass bowl.
- Sprinkle sugar over the cherries mixture and cover with 2 cups filtered water.
- Cover bowl with plastic wrap and refrigerate 2 hours to overnight.
- Bring 2 cups filtered water nearly to a boil; pour over tea bags in a pitcher. Steep tea for 90 seconds. Squeeze tea bags into pitcher and discard bags.
- Strain cherry-ginger water into pitcher with green tea, squeezing out excess liquid.
- Serve with lemon slices and lemon juice.

Nutrition Facts



Properties

Glycemic Index:26.77, Glycemic Load:7.42, Inflammation Score:-1, Nutrition Score:1.0939130517452%

Flavonoids

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Nutrients (% of daily need)

Calories: 59.21kcal (2.96%), Fat: 0.12g (0.19%), Saturated Fat: 0.02g (0.13%), Carbohydrates: 15.11g (5.04%), Net Carbohydrates: 14.32g (5.21%), Sugar: 13.46g (14.95%), Cholesterol: 0mg (0%), Sodium: 12.43mg (0.54%), Alcohol:

Og (100%), Alcohol %: 0% (100%), Protein: 0.43g (0.86%), Copper: 0.07mg (3.36%), Fiber: 0.79g (3.18%), Vitamin C: 2.59mg (3.14%), Potassium: 92.04mg (2.63%), Magnesium: 7.73mg (1.93%), Manganese: 0.04mg (1.85%), Calcium: 12.23mg (1.22%), Vitamin B6: 0.02mg (1.13%)