



Drink the Book: Black Tea Sour



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



5 min.

SERVINGS



1

CALORIES



78 kcal

BEVERAGE

DRINK

Ingredients

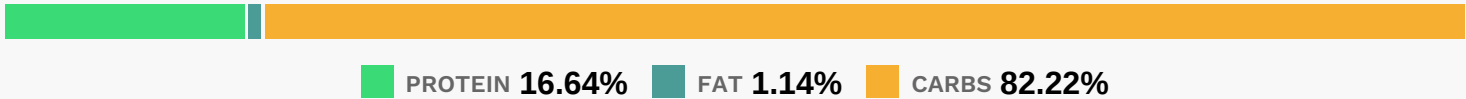
- ☐ 2 ounces tea black chilled brewed
- ☐ 1 egg whites
- ☐ 0.5 ounce grenadine syrup
- ☐ 0.8 ounce juice of lemon fresh
- ☐ 0.3 ounce simple syrup glaze

Equipment

Directions

- ☐ Combine all ingredients in a shaker (without ice), close and shake well.
- ☐ Add ice to the shaker, close and shake again.
- ☐ Strain into a chilled cocktail glass and serve.

Nutrition Facts



Properties

Glycemic Index:100, Glycemic Load:9.48, Inflammation Score:-5, Nutrition Score:2.1339130316578%

Flavonoids

Catechin: 0.86mg, Catechin: 0.86mg, Catechin: 0.86mg, Catechin: 0.86mg Epigallocatechin: 4.56mg, Epigallocatechin: 4.56mg, Epigallocatechin: 4.56mg, Epigallocatechin: 4.56mg Epicatechin: 1.21mg, Epicatechin: 1.21mg, Epicatechin: 1.21mg, Epicatechin: 1.21mg Epicatechin 3–gallate: 3.32mg, Epicatechin 3–gallate: 3.32mg, Epicatechin 3–gallate: 3.32mg, Epicatechin 3–gallate: 3.32mg Epigallocatechin 3–gallate: 5.31mg, Epigallocatechin 3–gallate: 5.31mg, Epigallocatechin 3–gallate: 5.31mg, Epigallocatechin 3–gallate: 5.31mg Theaflavin: 0.9mg, Theaflavin: 0.9mg, Theaflavin: 0.9mg, Theaflavin: 0.9mg Thearubigins: 46.1mg, Thearubigins: 46.1mg, Thearubigins: 46.1mg, Thearubigins: 46.1mg Eriodictyol: 1.04mg, Eriodictyol: 1.04mg, Eriodictyol: 1.04mg, Eriodictyol: 1.04mg Hesperetin: 3.08mg, Hesperetin: 3.08mg, Hesperetin: 3.08mg, Hesperetin: 3.08mg Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg Kaempferol: 0.8mg, Kaempferol: 0.8mg, Kaempferol: 0.8mg, Kaempferol: 0.8mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg Theaflavin–3,3'–digallate: 0.99mg, Theaflavin–3,3'–digallate: 0.99mg, Theaflavin–3,3'–digallate: 0.99mg, Theaflavin–3,3'–digallate: 0.99mg Theaflavin–3'–gallate: 0.86mg, Theaflavin–3'–gallate: 0.86mg, Theaflavin–3'–gallate: 0.86mg, Theaflavin–3'–gallate: 0.86mg Gallocatechin: 0.71mg, Gallocatechin: 0.71mg, Gallocatechin: 0.71mg, Gallocatechin: 0.71mg

Nutrients (% of daily need)

Calories: 77.9kcal (3.89%), Fat: 0.1g (0.16%), Saturated Fat: 0.01g (0.06%), Carbohydrates: 16.52g (5.51%), Net Carbohydrates: 16.46g (5.99%), Sugar: 12.54g (13.93%), Cholesterol: 0mg (0%), Sodium: 59.65mg (2.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 11.34mg (3.78%), Protein: 3.34g (6.69%), Vitamin C: 8.23mg (9.97%), Selenium: 6.16µg (8.79%), Vitamin B2: 0.15mg (8.74%), Manganese: 0.13mg (6.5%), Potassium: 100.21mg (2.86%), Folate: 8.29µg (2.07%), Magnesium: 7.55mg (1.89%), Iron: 0.31mg (1.75%), Copper: 0.02mg (1.05%), Vitamin B1: 0.02mg (1.03%)