



Emerald-Drop Snow Tea

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



2

CALORIES



88 kcal

BEVERAGE

DRINK

Ingredients

- 0.5 apples cubed
- 4 spearmint leaves fresh
- 0.8 teaspoon ground cinnamon
- 0.3 teaspoon ground ginger
- 0.3 teaspoon ground nutmeg
- 1 leaf mint leaf fresh
- 3 cups water hot
- 2 tablespoons sugar white

2 tablespoons red wine italian to taste

Equipment

sauce pan

sieve

slotted spoon

Directions

Combine water, red wine, sugar, cinnamon, nutmeg, ginger, spearmint leaves, and mint leaf in a saucepan; bring to a boil. Reduce heat to low and add apple to mixture. Simmer tea until apple breaks easily with a fork, about 5 minutes.

Remove apple using a slotted spoon or strainer and pour tea into a mug.

Nutrition Facts

PROTEIN 1.12% **FAT 2.71%** **CARBS 96.17%**

Properties

Glycemic Index:96.05, Glycemic Load:10.16, Inflammation Score:-2, Nutrition Score:2.0678260818772%

Flavonoids

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Nutrients (% of daily need)

Calories: 87.59kcal (4.38%), Fat: 0.25g (0.38%), Saturated Fat: 0.09g (0.58%), Carbohydrates: 19.75g (6.58%), Net Carbohydrates: 18.08g (6.58%), Sugar: 16.9g (18.77%), Cholesterol: 0mg (0%), Sodium: 19.3mg (0.84%), Alcohol: 1.59g (100%), Alcohol %: 0.47% (100%), Protein: 0.23g (0.46%), Manganese: 0.28mg (14%), Fiber: 1.67g (6.68%), Copper: 0.08mg (4.02%), Vitamin C: 2.38mg (2.89%), Calcium: 25.84mg (2.58%), Magnesium: 9.71mg (2.43%), Potassium: 79.29mg (2.27%), Iron: 0.36mg (2%), Vitamin B6: 0.03mg (1.72%), Vitamin B2: 0.02mg (1.28%), Vitamin K: 1.3µg (1.24%), Vitamin A: 61.02IU (1.22%), Phosphorus: 10.48mg (1.05%)