



Falkland House Tea Blend



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



3 kcal

BEVERAGE

DRINK

Ingredients



4 servings milk to taste



0.5 cup lapsang souchong tea leaves



0.5 cup earl grey tea leaves

Equipment



pot

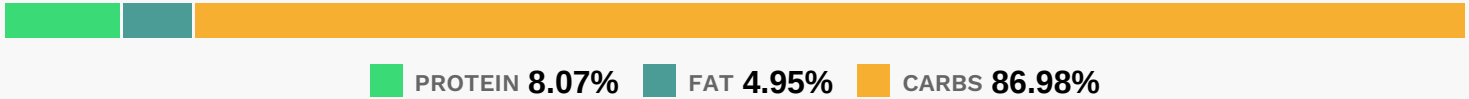


teapot

Directions

- ☐ Combine 1/2 cup (about 1 oz.) lapsang souchong tea leaves and 1/2 cup (about 1 oz.) Earl Grey tea leaves. Use, or store airtight up to 6 months.
- ☐ Pour hot water into teapot and let stand until pot is warm to touch.
- ☐ For each 1 cup (8 oz.) of tea, place 1 1/2 teaspoons tea leaf blend in a tea ball or infuser, filling it no more than half full.
- ☐ Drain teapot and put tea leaves in it. For each 1 1/2 teaspoons leaves, add 1 cup boiling water. Cover and let steep 3 to 5 minutes. Swirl tea ball through tea and lift out.
- ☐ Pour tea into cups and add milk, lemon, and/or sugar to taste.

Nutrition Facts



Properties

Glycemic Index:6.38, Glycemic Load:0.12, Inflammation Score:-4, Nutrition Score:0.73304348301304%

Flavonoids

Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg Epigallocatechin: 4.75mg, Epigallocatechin: 4.75mg, Epigallocatechin: 4.75mg, Epigallocatechin: 4.75mg Epicatechin: 1.26mg, Epicatechin: 1.26mg, Epicatechin: 1.26mg, Epicatechin: 1.26mg Epicatechin 3-gallate: 3.46mg, Epicatechin 3-gallate: 3.46mg, Epicatechin 3-gallate: 3.46mg, Epicatechin 3-gallate: 3.46mg Epigallocatechin 3-gallate: 5.52mg, Epigallocatechin 3-gallate: 5.52mg, Epigallocatechin 3-gallate: 5.52mg, Epigallocatechin 3-gallate: 5.52mg Theaflavin: 0.93mg, Theaflavin: 0.93mg, Theaflavin: 0.93mg, Theaflavin: 0.93mg Thearubigins: 47.97mg, Thearubigins: 47.97mg, Thearubigins: 47.97mg, Thearubigins: 47.97mg Eriodictyol: 1.5mg, Eriodictyol: 1.5mg, Eriodictyol: 1.5mg, Eriodictyol: 1.5mg Hesperetin: 1.95mg, Hesperetin: 1.95mg, Hesperetin: 1.95mg, Hesperetin: 1.95mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.83mg, Kaempferol: 0.83mg, Kaempferol: 0.83mg, Kaempferol: 0.83mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg Theaflavin-3,3'-digallate: 1.03mg, Theaflavin-3,3'-digallate: 1.03mg, Theaflavin-3,3'-digallate: 1.03mg, Theaflavin-3'-gallate: 0.89mg, Theaflavin-3'-gallate: 0.89mg, Theaflavin-3'-gallate: 0.89mg, Theaflavin-3'-gallate: 0.89mg Gallocatechin: 0.74mg, Gallocatechin: 0.74mg, Gallocatechin: 0.74mg, Gallocatechin: 0.74mg

Nutrients (% of daily need)

Calories: 2.62kcal (0.13%), Fat: 0.02g (0.03%), Saturated Fat: 0g (0.02%), Carbohydrates: 0.83g (0.28%), Net Carbohydrates: 0.63g (0.23%), Sugar: 0.17g (0.19%), Cholesterol: 0mg (0%), Sodium: 1.91mg (0.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 11.8mg (3.93%), Protein: 0.08g (0.15%), Manganese: 0.13mg (6.57%), Vitamin C: 3.71mg (4.5%)