



## Honey Ginger Lemon Iced Tea

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



1

CALORIES



145 kcal

BEVERAGE

DRINK

### Ingredients

- 1 small piece ginger
- 1 tea bags green (I used tea)
- 2 tablespoons honey canned (you can add more if you want it sweeter)
- 3 tablespoons juice of lemon
- 2 mint leaves

### Equipment

- sieve

## Directions

- Boil 1-2 cups of water and brew your tea.
- Place tea in the fridge to cool. Blend your ginger and run it through a sieve to just get the juice. In a jug of ice, mix the tea, ginger juice, lemon juice and honey.
- Add the mint leaves and serve cold.

## Nutrition Facts

**PROTEIN 1.21%** **FAT 1%** **CARBS 97.79%**

## Properties

Glycemic Index: 67.27, Glycemic Load: 18.21, Inflammation Score: -2, Nutrition Score: 2.3534782608696%

## Flavonoids

Eriodictyol: 2.81mg, Eriodictyol: 2.81mg, Eriodictyol: 2.81mg, Eriodictyol: 2.81mg Hesperetin: 6.71mg, Hesperetin: 6.71mg, Hesperetin: 6.71mg, Hesperetin: 6.71mg Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

## Taste

Sweetness: 84.88%, Saltiness: 5.55%, Sourness: 100%, Bitterness: 74.76%, Savoriness: 7.03%, Fattiness: 6.39%, Spiciness: 0%

## Nutrients (% of daily need)

Calories: 144.58kcal (7.23%), Fat: 0.18g (0.28%), Saturated Fat: 0.04g (0.23%), Carbohydrates: 39.25g (13.08%), Net Carbohydrates: 38.74g (14.09%), Sugar: 35.74g (39.71%), Cholesterol: 0mg (0%), Sodium: 3.66mg (0.16%), Protein: 0.49g (0.97%), Vitamin C: 18.61mg (22.56%), Manganese: 0.08mg (3.93%), Folate: 12.89µg (3.22%), Potassium: 108.62mg (3.1%), Copper: 0.04mg (2.24%), Vitamin B6: 0.04mg (2.23%), Fiber: 0.52g (2.08%), Magnesium: 8.15mg (2.04%), Iron: 0.36mg (1.98%), Vitamin B2: 0.03mg (1.79%), Vitamin A: 87.66IU (1.75%), Calcium: 11.2mg (1.12%), Vitamin B5: 0.11mg (1.08%), Zinc: 0.16mg (1.07%)