



Fruited Mint Tea

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



226 kcal

BEVERAGE

DRINK

Ingredients

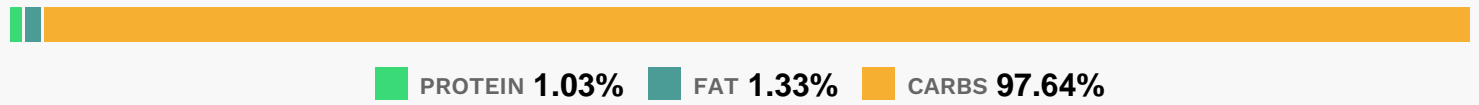
- 0.3 cup juice of lemon fresh
- 1 sprigs garnishes: mint orange fresh
- 12 mint sprigs fresh
- 1 cup orange juice fresh
- 1 cup sugar
- 4 regular-size tea bags
- 3 cups water boiling
- 4 cups water

Equipment

Directions

- Pour boiling water over tea bags and mint sprigs; cover and let steep 5 minutes.
- Remove tea bags and mint, squeezing gently. Stir in sugar and next 3 ingredients.
- Serve over ice.
- Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:30.52, Glycemic Load:38.19, Inflammation Score:-4, Nutrition Score:4.1152173849228%

Flavonoids

Eriodictyol: 1.85mg, Eriodictyol: 1.85mg, Eriodictyol: 1.85mg, Eriodictyol: 1.85mg Hesperetin: 9.95mg, Hesperetin: 9.95mg, Hesperetin: 9.95mg, Hesperetin: 9.95mg Naringenin: 1.54mg, Naringenin: 1.54mg, Naringenin: 1.54mg, Naringenin: 1.54mg Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 226.03kcal (11.3%), Fat: 0.35g (0.54%), Saturated Fat: 0.03g (0.18%), Carbohydrates: 57.78g (19.26%), Net Carbohydrates: 57.35g (20.86%), Sugar: 55.49g (61.66%), Cholesterol: 0mg (0%), Sodium: 22.98mg (1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.61g (1.22%), Vitamin C: 37.94mg (45.98%), Folate: 25.35µg (6.34%), Copper: 0.11mg (5.51%), Vitamin A: 262.98IU (5.26%), Potassium: 159.2mg (4.55%), Vitamin B1: 0.06mg (4.14%), Magnesium: 14.48mg (3.62%), Calcium: 28.55mg (2.86%), Manganese: 0.05mg (2.54%), Vitamin B2: 0.04mg (2.3%), Iron: 0.33mg (1.81%), Vitamin B6: 0.04mg (1.8%), Fiber: 0.43g (1.72%), Vitamin B3: 0.32mg (1.59%), Vitamin B5: 0.15mg (1.49%), Phosphorus: 14.13mg (1.41%)