



Gina's Raspberry Mint Tea



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



20 min.

SERVINGS



12

CALORIES



1002 kcal

BEVERAGE

DRINK

Ingredients



1 handful mint stems and leaves fresh for garnish



12 servings raspberries fresh for garnish



1 cup sugar



3 bags mint tea



10 bags raspberry zinger tea



12 cups water for tea, plus 1 cup for the sugar syrup

Equipment



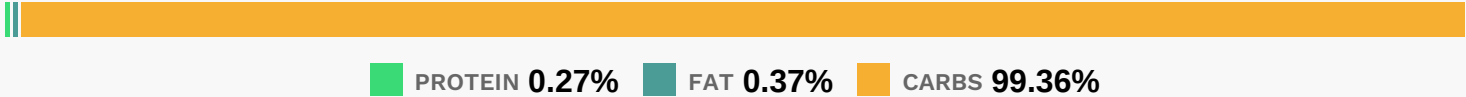
sauce pan

☐ pot

Directions

- ☐ Bring a large pot with 12 cups of water to a boil over medium heat.
- ☐ Add the tea bags and let them steep for 10 minutes. Allow the tea to cool and discard the tea bags.
- ☐ Pour the liquid into a large glass pitcher.
- ☐ Meanwhile, add the sugar and 1 cup water to a saucepan and bring to a simmer, over medium heat, stirring to dissolve the sugar. Drop in the handful of mint, remove from heat and allow the mixture to cool. At this point, strain and add the sugar syrup to the pitcher. Stir the drink well and divide it between 12 glasses filled with ice.
- ☐ Garnish each serving with some fresh mint sprigs and raspberries.

Nutrition Facts



Properties

Glycemic Index:8.01, Glycemic Load:12.48, Inflammation Score:-2, Nutrition Score:10.219130290591%

Flavonoids

Cyanidin: 27.46mg, Cyanidin: 27.46mg, Cyanidin: 27.46mg, Cyanidin: 27.46mg Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg Pelargonidin: 0.59mg, Pelargonidin: 0.59mg, Pelargonidin: 0.59mg, Pelargonidin: 0.59mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 0.8mg, Catechin: 0.8mg, Catechin: 0.8mg, Catechin: 0.8mg Epigallocatechin: 0.36mg, Epigallocatechin: 0.36mg, Epigallocatechin: 0.36mg, Epigallocatechin: 0.36mg Epicatechin: 2.14mg, Epicatechin: 2.14mg, Epicatechin: 2.14mg, Epicatechin: 2.14mg Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg Theaflavin: 0.02mg, Theaflavin: 0.02mg, Theaflavin: 0.02mg, Theaflavin: 0.02mg Thearubigins: 0.88mg, Thearubigins: 0.88mg, Thearubigins: 0.88mg, Thearubigins: 0.88mg Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg Theaflavin-3,3'-digallate: 0.02mg, Theaflavin-3,3'-digallate: 0.02mg, Theaflavin-3,3'-digallate: 0.02mg, Theaflavin-3,3'-

digallate: 0.02mg Theaflavin-3'-gallate: 0.02mg, Theaflavin-3'-gallate: 0.02mg, Theaflavin-3'-gallate: 0.02mg, Theaflavin-3'-gallate: 0.02mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 1002.14kcal (50.11%), Fat: 0.45g (0.69%), Saturated Fat: 0.01g (0.08%), Carbohydrates: 270.27g (90.09%), Net Carbohydrates: 266.35g (96.85%), Sugar: 265.97g (295.52%), Cholesterol: 0mg (0%), Sodium: 196.36mg (8.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.73g (1.47%), Iron: 12.57mg (69.84%), Vitamin B1: 0.46mg (30.5%), Manganese: 0.41mg (20.45%), Vitamin C: 15.83mg (19.18%), Fiber: 3.93g (15.71%), Vitamin B2: 0.23mg (13.48%), Magnesium: 47.2mg (11.8%), Potassium: 305.54mg (8.73%), Copper: 0.12mg (6.19%), Zinc: 0.9mg (5.99%), Calcium: 59.79mg (5.98%), Phosphorus: 44.61mg (4.46%), Vitamin K: 4.68µg (4.46%), Selenium: 2.58µg (3.68%), Vitamin B3: 0.7mg (3.51%), Vitamin E: 0.52mg (3.48%), Folate: 13.03µg (3.26%), Vitamin B5: 0.2mg (1.99%), Vitamin B6: 0.03mg (1.67%)