

Ginger Tea Coolers



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



75 min.

SERVINGS



6

CALORIES



63 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 piece ginger unpeeled finely chopped (2 inch) (2 tablespoons)
- ☐ 2 cups ice cubes
- ☐ 1 optional: lemon thinly sliced
- ☐ 1 lime thinly sliced
- ☐ 1 cranberry-orange relish thinly sliced
- ☐ 2 cups seltzer water
- ☐ 0.3 cup sugar
- ☐ 3 freshly tea green

☐ 3 cups water

Equipment

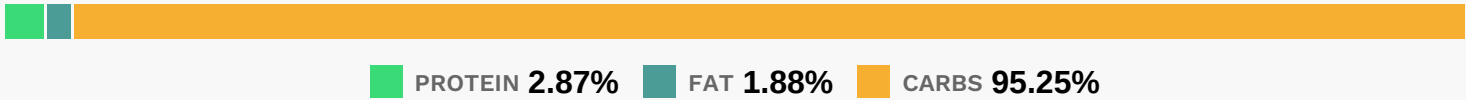
☐ sauce pan

☐ sieve

Directions

- ☐ In 2-quart saucepan, heat water, gingerroot and sugar to boiling over high heat, stirring to dissolve sugar. Reduce heat. Cover; simmer 5 minutes.
- ☐ Add tea bags; remove from heat. Cover; let steep 15 minutes.
- ☐ Remove tea bags. Cool tea to room temperature, about 10 minutes.
- ☐ Pour through strainer into clean 2-quart pitcher to strain. Refrigerate at least 2 hours until chilled.
- ☐ Just before serving, add sparkling water and ice cubes to pitcher.
- ☐ Garnish with lemon, lime and/or orange slices.

Nutrition Facts



Properties

Glycemic Index:30.85, Glycemic Load:9.23, Inflammation Score:-2, Nutrition Score:2.6165217263219%

Flavonoids

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Nutrients (% of daily need)

Calories: 62.55kcal (3.13%), Fat: 0.15g (0.23%), Saturated Fat: 0.02g (0.09%), Carbohydrates: 16.7g (5.57%), Net Carbohydrates: 15.34g (5.58%), Sugar: 13.79g (15.32%), Cholesterol: 0mg (0%), Sodium: 27.28mg (1.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.5g (1.01%), Vitamin C: 24.46mg (29.65%), Fiber: 1.36g (5.46%), Copper: 0.06mg (3.17%), Calcium: 27.25mg (2.73%), Folate: 9.58µg (2.39%), Potassium: 82.57mg (2.36%), Vitamin B1: 0.03mg (1.99%), Magnesium: 7.57mg (1.89%), Vitamin B6: 0.03mg (1.71%), Iron: 0.22mg (1.21%), Vitamin A: 58.67IU (1.17%), Vitamin B5: 0.12mg (1.15%), Vitamin B2: 0.02mg (1.01%)