

Green Tea Rocket



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



10 min.

SERVINGS



1

CALORIES



174 kcal

BEVERAGE

DRINK

Ingredients



1 bag freshly tea green



2 dashes orange bitters



1.5 ounces orange liqueur



0.5 teaspoon orange zest grated



0.5 ounce vanilla vodka



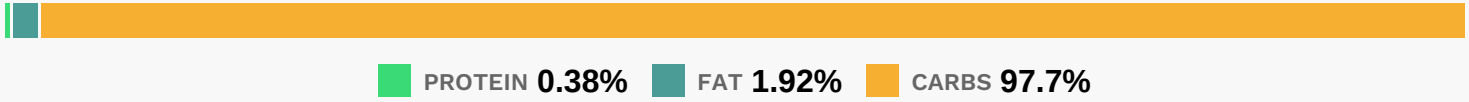
6 ounces water hot

Equipment

Directions

- ☐ Combine the orange liqueur, vodka, green tea bag, bitters and orange zest in a large mug.
- ☐ Add the hot water and steep for 3 minutes.
- ☐ Heat a cocktail glass by placing under hot running water. Stir the cocktail and strain into the glass; serve hot.

Nutrition Facts



Properties

Glycemic Index:15, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:0.39739129757104%

Flavonoids

Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Theaflavin: 0.02mg, Theaflavin: 0.02mg, Theaflavin: 0.02mg, Theaflavin: 0.02mg Thearubigins: 0.81mg, Thearubigins: 0.81mg, Thearubigins: 0.81mg, Thearubigins: 0.81mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg 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: 174.22kcal (8.71%), Fat: 0.13g (0.2%), Saturated Fat: 0.05g (0.28%), Carbohydrates: 14.87g (4.96%), Net Carbohydrates: 14.76g (5.37%), Sugar: 13.95g (15.5%), Cholesterol: 0mg (0%), Sodium: 12.11mg (0.53%), Alcohol: 16.69g (100%), Alcohol %: 9.17% (100%), Caffeine: 11.26mg (3.75%), Protein: 0.06g (0.12%), Copper: 0.05mg (2.33%), Vitamin C: 1.36mg (1.65%)