



## Hibiscus Tea



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



33 kcal

BEVERAGE

DRINK

## Ingredients

- ☐ 1 cinnamon sticks
- ☐ 1.5 oz hibiscus blossoms dried
- ☐ 8 servings ice cubes
- ☐ 0.3 cup sugar

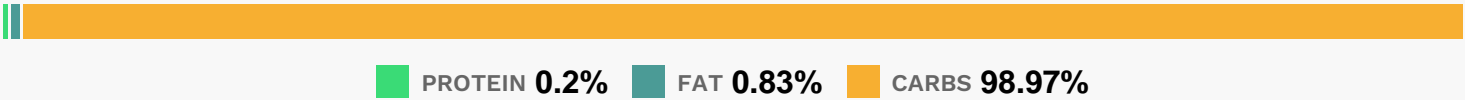
## Equipment

- ☐ frying pan
- ☐ sieve
- ☐ cheesecloth

# Directions

- ☐ In a 4- to 5-quart pan on high heat, bring 3 quarts water to boiling.
- ☐ Add hibiscus blossoms and cinnamon stick. Cover and simmer over low heat for 15 minutes.
- ☐ Let cool about 1 hour.
- ☐ Pour tea through a strainer, lined with a double thickness of cheesecloth, into a pitcher. Discard residue in strainer.
- ☐ Pour tea, hot or cold, into ice-filled glasses.
- ☐ Add sugar to taste.

## Nutrition Facts



## Properties

Glycemic Index:9.39, Glycemic Load:5.82, Inflammation Score:-1, Nutrition Score:0.32956521577485%

## Nutrients (% of daily need)

Calories: 33.16kcal (1.66%), Fat: 0.03g (0.05%), Saturated Fat: 0g (0.01%), Carbohydrates: 8.65g (2.88%), Net Carbohydrates: 8.42g (3.06%), Sugar: 8.33g (9.25%), Cholesterol: 0mg (0%), Sodium: 3.14mg (0.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.02g (0.03%), Manganese: 0.08mg (3.84%)