



Hibiscus Tea with Vodka and Citrus



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



33 min.

SERVINGS



6

CALORIES



319 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 cup ice cubes
- ☐ 2 tablespoons juice of lemon
- ☐ 1 tablespoon juice of lime
- ☐ 2 ounces rose petals dried
- ☐ 1.8 cups sugar
- ☐ 1 cup vodka chilled
- ☐ 4 cups water

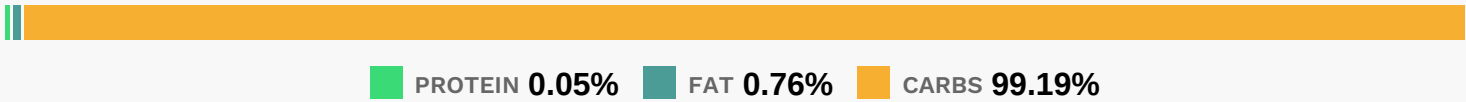
Equipment

☐ sauce pan

Directions

- ☐ *Can be found at specialty Latin markets
- ☐ In a medium saucepan, combine the water, hibiscus flowers, and sugar over medium-high heat. Bring the mixture to a boil, stirring occasionally, until the sugar has dissolved. Allow the mixture to cool for 25 minutes.
- ☐ Add the lemon juice, lime juice, and vodka.
- ☐ Place the ice in a tall pitcher. Strain the hibiscus tea into the pitcher and discard the flowers. Refrigerate until ready to use.

Nutrition Facts



Properties

Glycemic Index:14.18, Glycemic Load:40.72, Inflammation Score:-1, Nutrition Score:0.48478260595837%

Flavonoids

Eriodictyol: 0.3mg, Eriodictyol: 0.3mg, Eriodictyol: 0.3mg, Eriodictyol: 0.3mg Hesperetin: 0.95mg, Hesperetin: 0.95mg, Hesperetin: 0.95mg, Hesperetin: 0.95mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 318.71kcal (15.94%), Fat: 0.2g (0.31%), Saturated Fat: 0g (0.01%), Carbohydrates: 58.66g (19.55%), Net Carbohydrates: 58.63g (21.32%), Sugar: 58.38g (64.87%), Cholesterol: 0mg (0%), Sodium: 11.32mg (0.49%), Alcohol: 13.36g (100%), Alcohol %: 5.42% (100%), Protein: 0.03g (0.06%), Vitamin C: 2.68mg (3.25%), Copper: 0.04mg (2.06%)