

SIDE DISH

Holiday Herbal Infusion

7 October 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	4	\$0.18	36 kcal



You can never have too many side dish recipes, so give Holiday Herbal Infusion a try. One portion of this dish contains around 0g of protein, 0g of fat, and a total of 36 calories. This recipe serves 4. For 18 cents per serving, this recipe covers 1% of your daily requirements of vitamins and minera...

Ingredients

- | | |
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| ☐ 2 inch peeled fresh ginger, sliced | ☐ 2 tablespoons honey, or to taste |
| ☐ 4 servings Garnishes: lime wedges, rosemary sprigs | ☐ 4 mint sprigs |
| ☐ 2 rosemary sprigs, stems discarded | ☐ 4 cups water |

EQUIPMENT Sieve

Method

- 1 Boil herbs in 4 cups water 5 minutes. Turn off heat; cover and let seep 5 minutes. Pass through sieve, and discard herbs. Stir in honey, and serve hot with lime slices.

Nutrition per serving

36	0 g	0 g	10 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			0 g · 0% of daily needs
Sugar			8.7 g · 10% of daily needs
Sodium			13.1 mg · 1% of daily needs
Cholesterol			0 mg · 0% of daily needs
Vitamin C			0.9 mg · 1% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/holiday-herbal-infusion-148532