



Honey Lemon Tea



Vegetarian



Gluten Free



Dairy Free

READY IN



3 min.

SERVINGS



1

CALORIES



59 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 2 teaspoons honey
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 1 cup water
- ☐ 1 teaspoon sugar white to taste

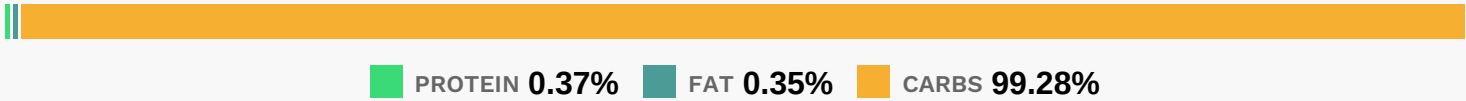
Equipment

- ☐ microwave

Directions

- ☐ Pour water into a mug.
- ☐ Add honey and heat in the microwave for 1 minute and 30 seconds. Stir in lemon juice, mixing until honey is dissolved, then stir in the sugar.

Nutrition Facts



Properties

Glycemic Index:122.36, Glycemic Load:8.81, Inflammation Score:-1, Nutrition Score:0.4252173980779%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 59.06kcal (2.95%), Fat: 0.02g (0.04%), Saturated Fat: 0g (0.01%), Carbohydrates: 15.86g (5.29%), Net Carbohydrates: 15.82g (5.75%), Sugar: 15.61g (17.35%), Cholesterol: 0mg (0%), Sodium: 12.48mg (0.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.06g (0.12%), Vitamin C: 2.01mg (2.43%), Copper: 0.04mg (2.2%)