



Hot Mint-and-Lemon Drink

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



10 kcal

BEVERAGE

DRINK

Ingredients

- 1 optional: lemon
- 0.3 cup mint leaves
- 4 cups water boiling

Equipment

- bowl
- sieve
- peeler

Directions

- Carefully remove rind from lemon using a vegetable peeler, making sure not to get any of the white pithy part of the rind, and reserve lemon for another use.
- Place rind, mint leaves, and boiling water in a large bowl; cover and steep mixture 5 minutes. Strain mixture through a fine sieve into a bowl, and discard rind and mint.
- Serve immediately.

Nutrition Facts

PROTEIN 11.24% **FAT 6.75%** **CARBS 82.01%**

Properties

Glycemic Index:6.38, Glycemic Load:0.45, Inflammation Score:-2, Nutrition Score:1.900434790746%

Flavonoids

Eriodictyol: 6.64mg, Eriodictyol: 6.64mg, Eriodictyol: 6.64mg, Eriodictyol: 6.64mg Hesperetin: 7.82mg, Hesperetin: 7.82mg, Hesperetin: 7.82mg, Hesperetin: 7.82mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg Luteolin: 0.87mg, Luteolin: 0.87mg, Luteolin: 0.87mg, Luteolin: 0.87mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 9.8kcal (0.49%), Fat: 0.11g (0.17%), Saturated Fat: 0.02g (0.11%), Carbohydrates: 2.94g (0.98%), Net Carbohydrates: 1.95g (0.71%), Sugar: 0.68g (0.75%), Cholesterol: 0mg (0%), Sodium: 13.24mg (0.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.4g (0.8%), Vitamin C: 15.2mg (18.43%), Fiber: 0.98g (3.92%), Copper: 0.06mg (2.85%), Vitamin A: 125.42IU (2.51%), Calcium: 20.95mg (2.1%), Manganese: 0.04mg (2.06%), Magnesium: 6.78mg (1.69%), Iron: 0.3mg (1.69%), Folate: 6.18µg (1.54%), Potassium: 53.26mg (1.52%), Vitamin B6: 0.03mg (1.26%)