



Iced Green Tea with Ginger and Mint



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



104 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 3 ounces ginger unpeeled sliced
- ☐ 6 green-tea bags
- ☐ 0.5 cup honey
- ☐ 2 tablespoons juice of lemon
- ☐ 1 cup mint leaves

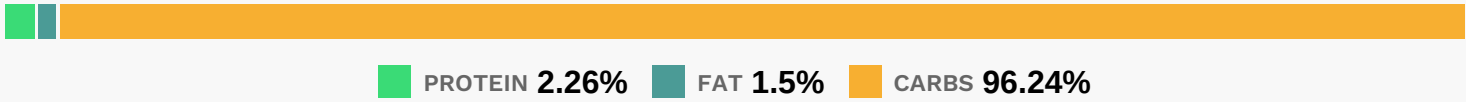
Equipment

- ☐ sauce pan

Directions

- ☐ In a large saucepan over high heat, combine the ginger and 6 cups of water and bring to a boil.
- ☐ Remove from heat and add the mint and tea bags. Cover and let steep for 15 minutes. Strain the liquid into a large pitcher or other container.
- ☐ Add the honey and lemon juice; stir. Chill in the refrigerator.
- ☐ Serve in tall glasses over ice cubes and more mint leaves.Tip: To frost glasses, dip the rims in water, then coarse sugar crystals.

Nutrition Facts



Properties

Glycemic Index:11.21, Glycemic Load:12.47, Inflammation Score:-4, Nutrition Score:2.2847826212807%

Flavonoids

Eriodictyol: 2.56mg, Eriodictyol: 2.56mg, Eriodictyol: 2.56mg, Eriodictyol: 2.56mg Hesperetin: 1.49mg, Hesperetin: 1.49mg, Hesperetin: 1.49mg, Hesperetin: 1.49mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.4mg, Apigenin: 0.4mg, Apigenin: 0.4mg, Apigenin: 0.4mg Luteolin: 0.95mg, Luteolin: 0.95mg, Luteolin: 0.95mg, Luteolin: 0.95mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 103.57kcal (5.18%), Fat: 0.19g (0.29%), Saturated Fat: 0.05g (0.31%), Carbohydrates: 27.26g (9.09%), Net Carbohydrates: 26.3g (9.56%), Sugar: 23.56g (26.18%), Cholesterol: 0mg (0%), Sodium: 5.35mg (0.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.64g (1.28%), Manganese: 0.14mg (7.19%), Vitamin A: 318.9IU (6.38%), Vitamin C: 5.17mg (6.27%), Fiber: 0.95g (3.82%), Potassium: 121.34mg (3.47%), Copper: 0.07mg (3.38%), Iron: 0.59mg (3.27%), Magnesium: 12.96mg (3.24%), Folate: 11.67µg (2.92%), Calcium: 22.49mg (2.25%), Vitamin B2: 0.04mg (2.13%), Vitamin B6: 0.04mg (2.07%), Vitamin B3: 0.27mg (1.36%), Zinc: 0.2mg (1.31%), Phosphorus: 11.82mg (1.18%)