



Iced Hibiscus Tea



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



193 kcal

BEVERAGE

DRINK

Ingredients



1 cup firmly hibiscus flowers packed



1 cup sugar



7 cups water divided

Equipment



sauce pan



sieve

Directions

- ☐ Bring 6 cups water and hibiscus flowers to a boil in a large saucepan. Reduce heat to low, and simmer 5 minutes.
- ☐ Remove from heat, and stir in sugar.
- ☐ Pour mixture through a wire-mesh strainer into a pitcher, discarding hibiscus flowers. Stir in remaining 1 cup water.
- ☐ Serve over ice.
- ☐ *6 regular-size Red Zinger tea bags may be substituted for 1 cup hibiscus flowers.
- ☐ Note: Hibiscus flowers may be found in Mexican or Latin supermarkets.

Nutrition Facts



Properties

Glycemic Index:17.52, Glycemic Load:34.91, Inflammation Score:-1, Nutrition Score:0.56086956661033%

Nutrients (% of daily need)

Calories: 192.5kcal (9.63%), Fat: 0.16g (0.25%), Saturated Fat: 0g (0%), Carbohydrates: 49.8g (16.6%), Net Carbohydrates: 49.8g (18.11%), Sugar: 49.9g (55.44%), Cholesterol: 0mg (0%), Sodium: 23.57mg (1.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0g (0%), Vitamin A: 175.08IU (3.5%), Copper: 0.07mg (3.49%), Calcium: 17.65mg (1.77%), Magnesium: 5.91mg (1.48%)