

Iced Mint Tea



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



52 kcal

BEVERAGE

DRINK

Ingredients



1.5 ounces mint sprigs fresh



0.5 cup sugar



1 tablespoon loose tea green chinese



8 cups water boiling

Equipment



bowl

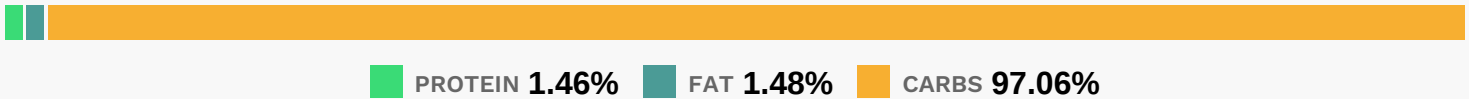


sieve

Directions

- ☐ Combine water and tea in a medium bowl; cover and steep 2 1/2 minutes. Strain tea mixture through a fine sieve into a bowl, and discard tea leaves.
- ☐ Add mint; steep 5 minutes.
- ☐ Add sugar; stir until sugar dissolves. Cool completely.
- ☐ Serve over ice.

Nutrition Facts



Properties

Glycemic Index:8.76, Glycemic Load:8.73, Inflammation Score:-2, Nutrition Score:1.1043478114449%

Flavonoids

Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Theaflavin: 0.03mg, Theaflavin: 0.03mg, Theaflavin: 0.03mg, Theaflavin: 0.03mg Thearubigins: 1.5mg, Thearubigins: 1.5mg, Thearubigins: 1.5mg, Thearubigins: 1.5mg Eriodictyol: 1.64mg, Eriodictyol: 1.64mg, Eriodictyol: 1.64mg, Eriodictyol: 1.64mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg Luteolin: 0.67mg, Luteolin: 0.67mg, Luteolin: 0.67mg, Luteolin: 0.67mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg Theaflavin-3,3'-digallate: 0.03mg, Theaflavin-3,3'-digallate: 0.03mg, Theaflavin-3,3'-digallate: 0.03mg, Theaflavin-3,3'-digallate: 0.03mg Theaflavin-3'-gallate: 0.03mg, Theaflavin-3'-gallate: 0.03mg, Theaflavin-3'-gallate: 0.03mg, Theaflavin-3'-gallate: 0.03mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 51.86kcal (2.59%), Fat: 0.09g (0.14%), Saturated Fat: 0.01g (0.08%), Carbohydrates: 13.25g (4.42%), Net Carbohydrates: 12.82g (4.66%), Sugar: 12.48g (13.86%), Cholesterol: 0mg (0%), Sodium: 13.66mg (0.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.2g (0.4%), Vitamin A: 225.8IU (4.52%), Manganese: 0.07mg (3.35%), Copper: 0.06mg (2.82%), Vitamin C: 1.69mg (2.05%), Calcium: 20.14mg (2.01%), Fiber: 0.43g (1.7%), Magnesium: 6.67mg (1.67%), Iron: 0.28mg (1.54%), Folate: 6.15µg (1.54%)