

Iced Mint Tea



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



20 min.

SERVINGS



2

CALORIES



18 kcal

BEVERAGE

DRINK

Ingredients



1 piece ginger grated



2 Teaspoons tea powder



2 Tablespoons juice of lemon



10 Leaves mint leaves finely chopped



2 cups water

Equipment

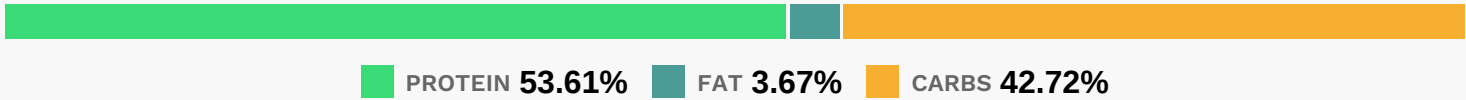


sauce pan

Directions

- ☐ Boil water in a saucepan.
- ☐ Add the tea powder.Grate the ginger root and let it boil for another 5 minutes.
- ☐ Add the sugar for your taste.
- ☐ Let it simmer for another 2 minutes.Filter the tea.
- ☐ Let it cool at room temperature.
- ☐ Add the lemon juice.Then add the mint leaves and chill it in the refrigerator.
- ☐ Serve it cold.

Nutrition Facts



Properties

Glycemic Index:7.5, Glycemic Load:0.08, Inflammation Score:-2, Nutrition Score:1.128695661445%

Flavonoids

Eriodictyol: 0.81mg, Eriodictyol: 0.81mg, Eriodictyol: 0.81mg, Eriodictyol: 0.81mg Hesperetin: 2.2mg, Hesperetin: 2.2mg, Hesperetin: 2.2mg, Hesperetin: 2.2mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 18.27kcal (0.91%), Fat: 0.06g (0.1%), Saturated Fat: 0.01g (0.09%), Carbohydrates: 1.69g (0.56%), Net Carbohydrates: 1.56g (0.57%), Sugar: 0.44g (0.49%), Cholesterol: 0mg (0%), Sodium: 12.51mg (0.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.13g (4.25%), Vitamin C: 6.06mg (7.34%), Iron: 0.77mg (4.25%), Vitamin A: 211.52IU (4.23%), Copper: 0.05mg (2.45%), Magnesium: 4.97mg (1.24%)