



Kuwaiti Cinnamon-Orange Iced Tea

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



102 kcal

BEVERAGE

DRINK

Ingredients

- 8 tea bags black
- 1 cinnamon sticks plus more for garnish
- 6 sprigs mint leaves fresh
- 6 quarter-size coins ginger peeled chopped
- 2 large pieces orange peel for garnish
- 1 cup sugar

Equipment

- sauce pan

Directions

- Combine 8 cups water, the orange peel and cinnamon stick in a saucepan over low heat and bring to a boil.
- Add the tea bags and turn off the heat.
- Let the tea steep for about 5 minutes (no more or else it will be bitter), then remove the tea bags and chill the tea; don't remove the cinnamon stick or the orange peel yet.
- Combine 1 cup water, the sugar and ginger in a small saucepan over low heat and bring to a boil without stirring. Once boiling, turn off the heat. Rip the mint leaves and stalks into pieces and drop into the syrup.
- Let cool to room temperature, about 20 minutes. Strain the syrup, discarding the mint and ginger.
- Strain the tea into a pitcher.
- Add the mint syrup according to your taste buds and stir.
- Serve in tall glasses over ice and garnish with orange slices and cinnamon sticks, if you like. Sip languorously.
- Photograph by Lisa Shin

Nutrition Facts

 **PROTEIN 0.54%**  **FAT 1.11%**  **CARBS 98.35%**

Properties

Glycemic Index:16.57, Glycemic Load:17.59, Inflammation Score:-1, Nutrition Score:0.65173913538456%

Flavonoids

Eriodictyol: 0.23mg, Eriodictyol: 0.23mg, Eriodictyol: 0.23mg, Eriodictyol: 0.23mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg

Nutrients (% of daily need)

Calories: 102.17kcal (5.11%), Fat: 0.13g (0.2%), Saturated Fat: 0.01g (0.09%), Carbohydrates: 26.33g (8.78%), Net Carbohydrates: 25.92g (9.43%), Sugar: 25.07g (27.86%), Cholesterol: 0mg (0%), Sodium: 1.21mg (0.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.14g (0.29%), Manganese: 0.1mg (4.92%), Fiber: 0.4g (1.61%)