



## Lavender Mint Tea

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



20 min.

SERVINGS



4

CALORIES



15 kcal

BEVERAGE

DRINK

### Ingredients

- 1 cup mint leaves fresh
- 0.3 cup lavender petals fresh
- 4 cups water


### Equipment

- sauce pan

### Directions

Place lavender petals and mint leaves into a saucepan, pour water over lavender and mint, and bring to a boil. Turn heat to low and simmer tea until flavor is your desired strength, 15 to 20 minutes. Strain out mint and lavender petals and serve tea hot. If you prefer, let strained tea cool serve over ice.

## Nutrition Facts

 **PROTEIN 13.03%**  **FAT 12.75%**  **CARBS 74.22%**

### Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-4, Nutrition Score:2.4334782569305%

### Flavonoids

Eriodictyol: 3.48mg, Eriodictyol: 3.48mg, Eriodictyol: 3.48mg, Eriodictyol: 3.48mg Hesperetin: 1.14mg, Hesperetin: 1.14mg, Hesperetin: 1.14mg, Hesperetin: 1.14mg Apigenin: 0.61mg, Apigenin: 0.61mg, Apigenin: 0.61mg, Apigenin: 0.61mg Luteolin: 1.42mg, Luteolin: 1.42mg, Luteolin: 1.42mg, Luteolin: 1.42mg

### Nutrients (% of daily need)

Calories: 14.61kcal (0.73%), Fat: 0.24g (0.37%), Saturated Fat: 0.03g (0.17%), Carbohydrates: 3.19g (1.06%), Net Carbohydrates: 2.29g (0.83%), Sugar: 0g (0%), Cholesterol: 0mg (0%), Sodium: 15.32mg (0.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.56g (1.12%), Vitamin A: 519.15IU (10.38%), Manganese: 0.13mg (6.62%), Calcium: 64.69mg (6.47%), Vitamin C: 5.23mg (6.34%), Iron: 0.84mg (4.69%), Copper: 0.07mg (3.74%), Fiber: 0.9g (3.6%), Folate: 12.82µg (3.21%), Magnesium: 11.37mg (2.84%), Potassium: 64.01mg (1.83%), Vitamin B2: 0.03mg (1.76%)