



Lemon-Ginger Iced Tea with Berry Cubes



Vegetarian



Gluten Free



Dairy Free

READY IN



381 min.

SERVINGS



6

CALORIES



76 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 2 ounces ginger fresh coarsely chopped
- ☐ 0.3 cup honey
- ☐ 0.5 juice of lemon juiced
- ☐ 1 slices optional: lemon
- ☐ 6 servings mint sprigs for garnish
- ☐ 4 ounces raspberries rinsed
- ☐ 6 tea bags white
- ☐ 6 servings water divided for ice cube trays, plus 8 cups water,

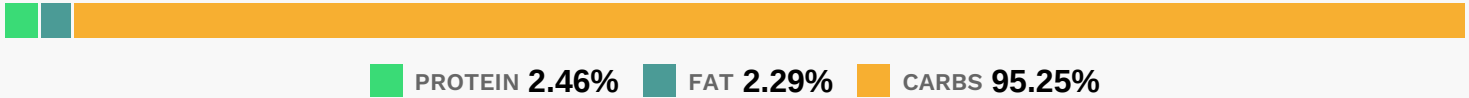
Equipment

- ☐ sauce pan
- ☐ ice cube tray

Directions

- ☐ Place about 4 raspberries in each compartment of an ice cube tray, 6 hours before serving iced tea. Fill with water and freeze.
- ☐ Place honey, 2 cups water and ginger in a saucepan and bring to a boil. Reduce heat and simmer over low heat for 5 minutes.
- ☐ Remove from heat and add tea bags.
- ☐ Let mixture steep for at least 30 minutes and up to 1 hour, then strain out solids.
- ☐ In a pitcher combine strained liquid with 6 cups water and lemon juice. Chill in refrigerator.
- ☐ To serve, place 3 ice cubes in a tall glass and pour iced tea over cubes.
- ☐ Garnish with lemon slices and mint sprigs.

Nutrition Facts



Properties

Glycemic Index:19.8, Glycemic Load:8.6, Inflammation Score:-2, Nutrition Score:2.1239130419234%

Flavonoids

Cyanidin: 8.65mg, Cyanidin: 8.65mg, Cyanidin: 8.65mg, Cyanidin: 8.65mg Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 0.19mg, Pelargonidin: 0.19mg, Pelargonidin: 0.19mg, Pelargonidin: 0.19mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.67mg, Epicatechin: 0.67mg, Epicatechin: 0.67mg, Epicatechin: 0.67mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Eriodictyol: 0.68mg, Eriodictyol: 0.68mg, Eriodictyol: 0.68mg, Eriodictyol: 0.68mg Hesperetin: 0.79mg, Hesperetin: 0.79mg, Hesperetin: 0.79mg, Hesperetin: 0.79mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg

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Nutrients (% of daily need)

Calories: 76.23kcal (3.81%), Fat: 0.21g (0.33%), Saturated Fat: 0.03g (0.17%), Carbohydrates: 19.88g (6.63%), Net Carbohydrates: 18.3g (6.66%), Sugar: 16.55g (18.39%), Cholesterol: 0mg (0%), Sodium: 5.33mg (0.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.51g (1.03%), Vitamin C: 7.42mg (9%), Manganese: 0.18mg (8.79%), Fiber: 1.58g (6.3%), Copper: 0.06mg (2.91%), Magnesium: 10.2mg (2.55%), Potassium: 87.42mg (2.5%), Iron: 0.33mg (1.81%), Folate: 7.15µg (1.79%), Vitamin B6: 0.03mg (1.67%), Vitamin K: 1.48µg (1.41%), Vitamin E: 0.19mg (1.3%), Vitamin B2: 0.02mg (1.22%), Calcium: 11.93mg (1.19%), Zinc: 0.17mg (1.14%), Vitamin B3: 0.23mg (1.14%), Phosphorus: 10.56mg (1.06%), Vitamin B5: 0.1mg (1.03%)