



Lemon Grass and Ginger Iced Tea



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



103 kcal

BEVERAGE

DRINK

Ingredients



7 slices ginger fresh thin



5 bags freshly tea green



1 stalk lemon grass fresh



0.5 cup sugar

Equipment



frying pan



knife

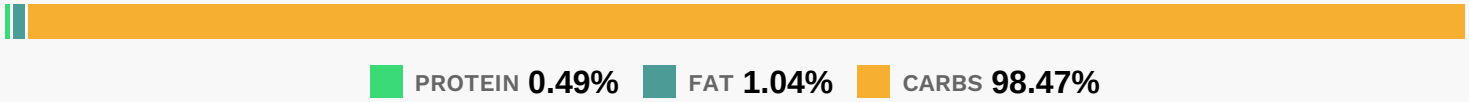


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Directions

- ☐ Rinse lemon grass, cut into 2-inch lengths, and crush with the flat side of a large knife.
- ☐ In a 2-quart pan, bring 5 cups water, sugar, ginger, and lemon grass to a boil. Take off heat and add green tea bags; let steep about 4 minutes or until flavor is as strong as you like. Discard tea bags; let tea cool, about 30 minutes.
- ☐ Pour through a fine strainer into a pitcher. Cover and chill until cold, at least 2 hours (see Notes).
- ☐ Pour into tall glasses filled with ice.

Nutrition Facts



Properties

Glycemic Index:21.27, Glycemic Load:17.54, Inflammation Score:-1, Nutrition Score:0.88782609529469%

Flavonoids

Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Theaflavin: 0.02mg, Theaflavin: 0.02mg, Theaflavin: 0.02mg Thearubigins: 1.02mg, Thearubigins: 1.02mg, Thearubigins: 1.02mg, Thearubigins: 1.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg Theaflavin-3,3'-digallate: 0.02mg, Theaflavin-3,3'-digallate: 0.02mg, Theaflavin-3,3'-digallate: 0.02mg, Theaflavin-3'-gallate: 0.02mg, Theaflavin-3'-gallate: 0.02mg, Theaflavin-3'-gallate: 0.02mg, Theaflavin-3'-gallate: 0.02mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 102.78kcal (5.14%), Fat: 0.12g (0.19%), Saturated Fat: 0.01g (0.07%), Carbohydrates: 26.47g (8.82%), Net Carbohydrates: 26.4g (9.6%), Sugar: 25.01g (27.79%), Cholesterol: 0mg (0%), Sodium: 0.97mg (0.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.13g (0.26%), Manganese: 0.21mg (10.38%), Iron: 0.34mg (1.89%), Potassium: 42.6mg (1.22%)