

Lemon-Mint Tea



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



1

CALORIES



58 kcal

BEVERAGE

DRINK

Ingredients



1 stick cinnamon 3-inch



1 tablespoon juice of lemon



1 tablespoon sugar



1 peppermint tea bag



1 cup water boiling

Equipment

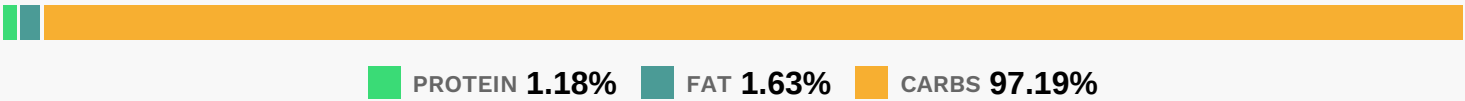


bowl

Directions

- ☐ Combine first 3 ingredients in a bowl; cover and steep 5 minutes.
- ☐ Remove and discard tea bag and cinnamon stick.
- ☐ Add sugar and lemon juice, stirring until sugar dissolves.
- ☐ Serve hot or over ice.
- ☐ Garnish with mint sprig, if desired.

Nutrition Facts



Properties

Glycemic Index:75.09, Glycemic Load:8.43, Inflammation Score:-1, Nutrition Score:2.708260892526%

Flavonoids

Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 58.15kcal (2.91%), Fat: 0.12g (0.18%), Saturated Fat: 0.02g (0.11%), Carbohydrates: 15.81g (5.27%), Net Carbohydrates: 13.9g (5.06%), Sugar: 12.43g (13.81%), Cholesterol: 0mg (0%), Sodium: 12.45mg (0.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.19g (0.38%), Manganese: 0.61mg (30.68%), Fiber: 1.9g (7.61%), Vitamin C: 5.94mg (7.2%), Calcium: 43.19mg (4.32%), Copper: 0.05mg (2.65%), Iron: 0.31mg (1.72%), Magnesium: 5.37mg (1.34%), Vitamin K: 1.09µg (1.04%)