

Lemon Verbena Iced Tea



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



77 kcal

SIDE DISH

Ingredients



4 cups ice cubes



1 cup optional: lemon



0.5 cup sugar



6 cups freshly tea chilled brewed



0.5 cup water

Equipment



bowl



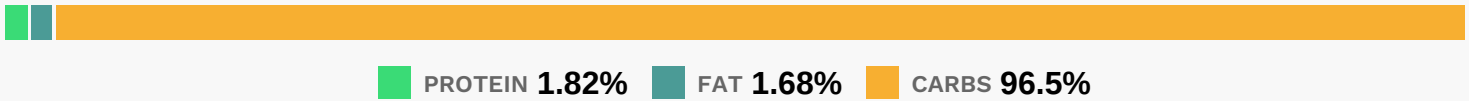
sauce pan

- ☐ sieve
- ☐ blender

Directions

- ☐ Combine sugar and water in a small saucepan; bring to a boil. Cook 1 minute or until sugar dissolves. Cool sugar syrup completely.
- ☐ Cook lemon verbena leaves in boiling water 1 minute.
- ☐ Drain and plunge into ice water; drain.
- ☐ Combine sugar syrup and verbena leaves in a blender; process until smooth. Cover and chill overnight. Strain sugar syrup through a fine sieve into a bowl.
- ☐ Place 2/3 cup ice into each of 6 tall glasses; add 1 cup brewed tea and 2 tablespoons sugar syrup to each serving, stirring to combine.
- ☐ Garnish with mint leaves and lemon wedges, if desired.

Nutrition Facts



Properties

Glycemic Index:15.93, Glycemic Load:12.22, Inflammation Score:0, Nutrition Score:3.4056522081728%

Flavonoids

Catechin: 3.56mg, Catechin: 3.56mg, Catechin: 3.56mg, Catechin: 3.56mg Epigallocatechin: 19mg, Epigallocatechin: 19mg, Epigallocatechin: 19mg, Epigallocatechin: 19mg Epicatechin: 5.03mg, Epicatechin: 5.03mg, Epicatechin: 5.03mg Epicatechin 3-gallate: 13.83mg, Epicatechin 3-gallate: 13.83mg, Epicatechin 3-gallate: 13.83mg, Epicatechin 3-gallate: 13.83mg Epigallocatechin 3-gallate: 22.09mg, Epigallocatechin 3-gallate: 22.09mg, Epigallocatechin 3-gallate: 22.09mg, Epigallocatechin 3-gallate: 22.09mg Theaflavin: 3.73mg, Theaflavin: 3.73mg, Theaflavin: 3.73mg, Theaflavin: 3.73mg Thearubigins: 191.87mg, Thearubigins: 191.87mg, Thearubigins: 191.87mg, Thearubigins: 191.87mg Eriodictyol: 7.55mg, Eriodictyol: 7.55mg, Eriodictyol: 7.55mg, Eriodictyol: 7.55mg Hesperetin: 9.86mg, Hesperetin: 9.86mg, Hesperetin: 9.86mg, Hesperetin: 9.86mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Luteolin: 0.67mg, Luteolin: 0.67mg, Luteolin: 0.67mg, Luteolin: 0.67mg Kaempferol: 3.34mg, Kaempferol: 3.34mg, Kaempferol: 3.34mg, Kaempferol: 3.34mg Myricetin: 1.24mg, Myricetin: 1.24mg, Myricetin: 1.24mg, Myricetin: 1.24mg Quercetin: 5.57mg, Quercetin: 5.57mg, Quercetin: 5.57mg, Quercetin: 5.57mg Theaflavin-3,3'-digallate: 4.13mg, Theaflavin-3,3'-digallate: 4.13mg, Theaflavin-3,3'-digallate: 4.13mg, Theaflavin-3,3'-digallate: 4.13mg Theaflavin-3'-gallate: 3.56mg, Theaflavin-3'-gallate: 3.56mg, Theaflavin-3'-gallate: 3.56mg, Theaflavin-3'-gallate: 3.56mg Gallocatechin: 2.95mg

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Nutrients (% of daily need)

Calories: 76.77kcal (3.84%), Fat: 0.16g (0.25%), Saturated Fat: 0.02g (0.12%), Carbohydrates: 20.6g (6.87%), Net Carbohydrates: 19.61g (7.13%), Sugar: 17.52g (19.46%), Cholesterol: 0mg (0%), Sodium: 16.83mg (0.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 47.2mg (15.73%), Protein: 0.39g (0.78%), Manganese: 0.53mg (26.41%), Vitamin C: 18.73mg (22.7%), Fiber: 0.99g (3.96%), Folate: 15.69µg (3.92%), Potassium: 136.41mg (3.9%), Copper: 0.07mg (3.31%), Magnesium: 11.68mg (2.92%), Vitamin B2: 0.04mg (2.55%), Iron: 0.27mg (1.49%), Calcium: 14.68mg (1.47%), Vitamin B6: 0.03mg (1.41%)