



Mint Iced Tea



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



135 min.

SERVINGS



8

CALORIES



48 kcal

BEVERAGE

DRINK

Ingredients



1 bunch mint leaves fresh picked over rinsed



0.5 cup sugar



3 ginger tea bags



3 tea english

Equipment



bowl

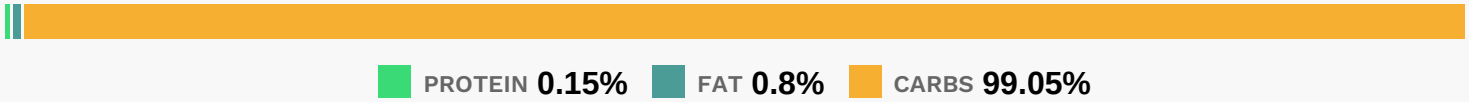


pot

Directions

- ☐ Bring 8 cups water to a boil in a large pot.
- ☐ Place tea bags in a large bowl and pour boiling water over.
- ☐ Add half of mint; cover and steep for 10 minutes. Strain into pitcher, discarding tea bags and mint. Stir in sugar to dissolve. Cover and refrigerate until well chilled, at least 2 hours.
- ☐ Pour into large glasses full of ice cubes.
- ☐ Garnish with reserved mint.

Nutrition Facts



Properties

Glycemic Index:8.76, Glycemic Load:8.73, Inflammation Score:-1, Nutrition Score:0.10652173909804%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg Theaflavin: 0.01mg, Theaflavin: 0.01mg, Theaflavin: 0.01mg, Theaflavin: 0.01mg Thearubigins: 0.3mg, Thearubigins: 0.3mg, Thearubigins: 0.3mg, Thearubigins: 0.3mg Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg Theaflavin–3,3'–digallate: 0.01mg, Theaflavin–3,3'–digallate: 0.01mg, Theaflavin–3,3'–digallate: 0.01mg, Theaflavin–3,3'–digallate: 0.01mg Theaflavin–3'–gallate: 0.01mg, Theaflavin–3'–gallate: 0.01mg, Theaflavin–3'–gallate: 0.01mg, Theaflavin–3'–gallate: 0.01mg

Nutrients (% of daily need)

Calories: 48.48kcal (2.42%), Fat: 0.04g (0.07%), Saturated Fat: 0g (0.01%), Carbohydrates: 12.53g (4.18%), Net Carbohydrates: 12.49g (4.54%), Sugar: 12.48g (13.86%), Cholesterol: 0mg (0%), Sodium: 0.29mg (0.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.02g (0.04%)