

Mint Lovers' Tea

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



9

CALORIES



41 kcal

BEVERAGE

DRINK

Ingredients

- 1 cup mint leaves fresh minced
- 2 cups mint leaves fresh crushed
- 0.3 cup honey
- 0.3 cup juice of lime
- 2 tablespoons loose gunpowder tea
- 3 mint-herb tea bags
- 4 cups water boiling
- 5 cups water boiling

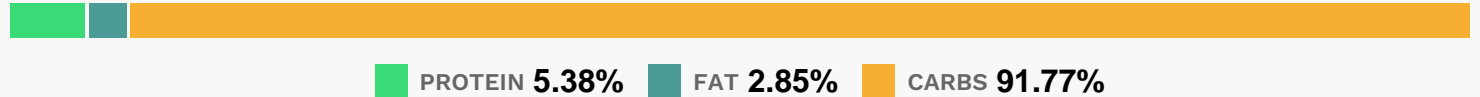
Equipment

- bowl
- sieve
- ice cube tray

Directions

- Combine water and mint leaves in a medium bowl; cover and let stand 10 minutes. Strain mixture through a fine sieve; discard mint.
- Pour liquid evenly into 28 ice cube tray compartments; freeze until firm.
- Combine first 4 ingredients in a medium bowl; cover and steep 10 minutes. Discard tea bags. Strain mixture through a fine sieve; discard mint and tea leaves. Stir lime juice and honey into tea.
- Serve tea over Mint Ice Cubes.
- Garnish with mint sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:5.81, Glycemic Load:4.05, Inflammation Score:-5, Nutrition Score:3.054782618971%

Flavonoids

Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epicatechin 3-gallate: 0.19mg, Epicatechin 3-gallate: 0.19mg, Epicatechin 3-gallate: 0.19mg, Epicatechin 3-gallate: 0.19mg Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg Theaflavin: 0.05mg, Theaflavin: 0.05mg, Theaflavin: 0.05mg, Theaflavin: 0.05mg Thearubigins: 2.67mg, Thearubigins: 2.67mg, Thearubigins: 2.67mg, Thearubigins: 2.67mg Eriodictyol: 4.79mg, Eriodictyol: 4.79mg, Eriodictyol: 4.79mg, Eriodictyol: 4.79mg Hesperetin: 2.13mg, Hesperetin: 2.13mg, Hesperetin: 2.13mg, Hesperetin: 2.13mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.81mg, Apigenin: 0.81mg, Apigenin: 0.81mg, Apigenin: 0.81mg Luteolin: 1.9mg, Luteolin: 1.9mg, Luteolin: 1.9mg, Luteolin: 1.9mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg

Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg
Theaflavin-3,3'-digallate: 0.06mg, Theaflavin-3,3'-digallate: 0.06mg, Theaflavin-3,3'-digallate: 0.06mg,
Theaflavin-3,3'-digallate: 0.06mg Theaflavin-3'-gallate: 0.05mg, Theaflavin-3'-gallate: 0.05mg, Theaflavin-3'-
gallate: 0.05mg, Theaflavin-3'-gallate: 0.05mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin:
0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 40.84kcal (2.04%), Fat: 0.15g (0.22%), Saturated Fat: 0.04g (0.23%), Carbohydrates: 10.57g (3.52%), Net
Carbohydrates: 9.32g (3.39%), Sugar: 7.84g (8.72%), Cholesterol: 0mg (0%), Sodium: 17.09mg (0.74%), Alcohol: 0g
(100%), Alcohol %: 0% (100%), Protein: 0.62g (1.24%), Vitamin A: 640.56IU (12.81%), Manganese: 0.19mg (9.62%),
Vitamin C: 6.83mg (8.28%), Fiber: 1.25g (4.98%), Copper: 0.09mg (4.64%), Folate: 18.12µg (4.53%), Calcium:
45.05mg (4.51%), Iron: 0.81mg (4.49%), Magnesium: 15.19mg (3.8%), Potassium: 99.33mg (2.84%), Vitamin B2:
0.04mg (2.64%), Zinc: 0.22mg (1.45%), Vitamin B3: 0.28mg (1.38%), Phosphorus: 12.3mg (1.23%), Vitamin B6:
0.02mg (1.21%)