



Mint Tea

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



5

CALORIES



51 kcal

BEVERAGE

DRINK

Ingredients

- 0.3 cup sugar
- 1 tablespoon loose tea green chinese
- 5 cups water boiling
- 5 servings water boiling
- 2 small bunches spearmint fresh rinsed drained
- 2 small bunches spearmint fresh rinsed drained

Equipment

- teapot

Directions

- Rinse teapot with boiling water to warm; discard water.
- Combine tea and 5 cups boiling water in teapot, and steep for 2 to 3 minutes.
- Add mint and sugar, stirring until sugar dissolves. Steep 3 to 4 minutes. Strain tea, and serve immediately.

Nutrition Facts

PROTEIN 0% FAT 0.72% CARBS 99.28%

Properties

Glycemic Index:14.02, Glycemic Load:9.31, Inflammation Score:-1, Nutrition Score:0.32913043026043%

Flavonoids

Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epicatechin 3-gallate: 0.17mg, Epicatechin 3-gallate: 0.17mg, Epicatechin 3-gallate: 0.17mg, Epicatechin 3-gallate: 0.17mg Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg Theaflavin: 0.05mg, Theaflavin: 0.05mg, Theaflavin: 0.05mg Thearubigins: 2.4mg, Thearubigins: 2.4mg, Thearubigins: 2.4mg, Thearubigins: 2.4mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg Theaflavin-3,3'-digallate: 0.05mg, Theaflavin-3,3'-digallate: 0.05mg, Theaflavin-3,3'-digallate: 0.05mg, Theaflavin-3,3'-digallate: 0.05mg Theaflavin-3'-gallate: 0.04mg, Theaflavin-3'-gallate: 0.04mg, Theaflavin-3'-gallate: 0.04mg, Theaflavin-3'-gallate: 0.04mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 51.36kcal (2.57%), Fat: 0.04g (0.07%), Saturated Fat: 0g (0%), Carbohydrates: 13.29g (4.43%), Net Carbohydrates: 13.29g (4.83%), Sugar: 13.31g (14.79%), Cholesterol: 0mg (0%), Sodium: 23.88mg (1.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0g (0%), Copper: 0.08mg (3.85%), Calcium: 14.33mg (1.43%), Magnesium: 4.82mg (1.21%)