



Mint Tea



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



168 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 3 cups firmly mint leaves and tender stems packed crushed for garnish
- ☐ 0.8 cup sugar
- ☐ 1 tablespoon loose tea green
- ☐ 1 quart water boiling plus more for heating the teapot

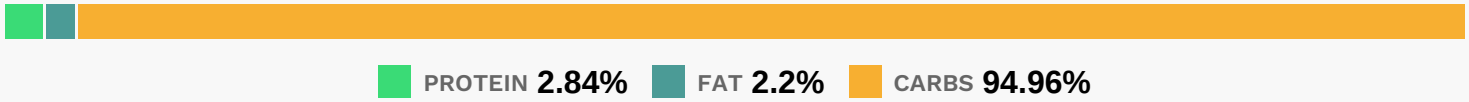
Equipment

- ☐ pot
- ☐ teapot

Directions

- ☐ Pour a little boiling water into a large teapot, swish it around to heat the pot, and pour the water out.
- ☐ Add the tea to the teapot and pour in 1 cup of the boiling water. Cover and let steep 3 minutes.
- ☐ Add the sugar and mint leaves and stems to the teapot.
- ☐ Pour in the remaining 3 cups boiling water. Cover and let steep for 5 minutes. Stir. Continue to steep for 5 minutes more. Strain the mint tea into cups or heatproof glasses.

Nutrition Facts



Properties

Glycemic Index:17.52, Glycemic Load:26.18, Inflammation Score:-8, Nutrition Score:6.1217391516851%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg Theaflavin: 0.06mg, Theaflavin: 0.06mg, Theaflavin: 0.06mg, Theaflavin: 0.06mg Thearubigins: 3.01mg, Thearubigins: 3.01mg, Thearubigins: 3.01mg, Thearubigins: 3.01mg Eriodictyol: 10.44mg, Eriodictyol: 10.44mg, Eriodictyol: 10.44mg, Eriodictyol: 10.44mg Hesperetin: 3.43mg, Hesperetin: 3.43mg, Hesperetin: 3.43mg, Hesperetin: 3.43mg Apigenin: 1.82mg, Apigenin: 1.82mg, Apigenin: 1.82mg, Apigenin: 1.82mg Luteolin: 4.27mg, Luteolin: 4.27mg, Luteolin: 4.27mg, Luteolin: 4.27mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg 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: 0.06mg, Theaflavin-3'-gallate: 0.06mg, Theaflavin-3'-gallate: 0.06mg, Theaflavin-3'-gallate: 0.06mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 168.04kcal (8.4%), Fat: 0.44g (0.67%), Saturated Fat: 0.08g (0.52%), Carbohydrates: 42.39g (14.13%), Net Carbohydrates: 39.69g (14.43%), Sugar: 37.42g (41.58%), Cholesterol: 0mg (0%), Sodium: 22.78mg (0.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.27g (2.53%), Vitamin A: 1433.7IU (28.67%), Manganese: 0.41mg

(20.32%), Vitamin C: 10.73mg (13.01%), Fiber: 2.7g (10.8%), Folate: 38.66µg (9.66%), Iron: 1.73mg (9.63%), Calcium: 89.49mg (8.95%), Copper: 0.15mg (7.59%), Magnesium: 29.48mg (7.37%), Vitamin B2: 0.1mg (5.73%), Potassium: 194.16mg (5.55%), Vitamin B3: 0.58mg (2.88%), Zinc: 0.4mg (2.69%), Phosphorus: 24.67mg (2.47%), Vitamin B6: 0.04mg (2.18%), Vitamin B1: 0.03mg (1.84%), Vitamin B5: 0.11mg (1.14%)