Mint Tea

Vegetarian   Vegan   Gluten Free   Dairy Free   Low Fod Map

READY IN	SERVINGS	CALORIES
45 min.	4	116 kcal

BEVERAGE   DRINK

Ingredients

- [ ] 1 large handful mint leaves fresh picked over rinsed
- [ ] 4 tablespoons pinenuts dry
- [ ] 0.3 cup sugar
- [ ] 1 tablespoon loose-leaf gunpowder tea green
- [ ] 3 cups cool water

Equipment

- [ ] bowl
- [ ] pot

- [ ] stove
- [ ] measuring cup
- [ ] teapot

Directions

- [ ] In a stove-top teapot, add the tea leaves and cover with the 3 tablespoons of water. Bring to a quick boil and immediately pour off the water, being carefully that no tea leaves escape. (This gets rid of the some of the bitterness, and allows the tea to seep longer with mint.)

- [ ] Add the sugar to the wet grounds and cover with the remaining 3 cups of water. Over medium heat, with the lid open or off, bring to a boil.

- [ ] Pour half of the liquid into a bowl or Pyrex measuring cup; reserve. Stuff the mint into the teapot, pressing it against the bottom of the pot with a spoon to gently and slightly crush the leaves. Return the reserved liquid to the teapot.

- [ ] Simmer over low heat for a few minutes to let the mint infuse.

- [ ] Pour a glassful into a clear drinking glass and then back into the pot, from as high as possible without spilling to aerate the tea and blend the flavors. Repeat this two or three more times, as the color of tea changes from clear to a cloudy caramel.

- [ ] Begin tasting for sweetness and flavor.

- [ ] Add more sugar if desired, or let it simmer another few minutes to make it stronger. Continue to pour glassfuls in and out of the pot until satisfied with both the sweetness and strength of the tea.

- [ ] Serve in small clear tea glasses. Do not pour tea into them from the teapot, but from the glass used for mixing and testing (this will help trap any sediment).

- [ ] If adding pine nuts, sprinkle into the glasses of tea before serving.

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Nutrition Facts

PROTEIN 4.57%   **FAT 50.28%**   **CARBS 45.15%**
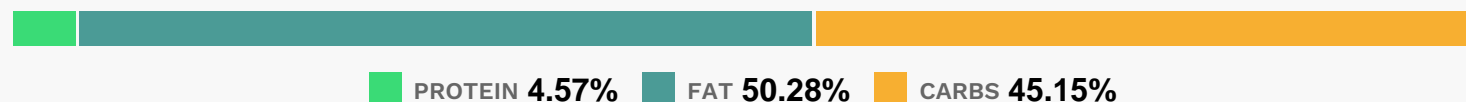
Properties

Glycemic Index:17.52, Glycemic Load:8.73, Inflammation Score:-2, Nutrition Score:4.3499999363785%

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: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg 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: 116.16kcal (5.81%), Fat: 6.89g (10.6%), Saturated Fat: 0.49g (3.08%), Carbohydrates: 13.92g (4.64%), Net Carbohydrates: 13.47g (4.9%), Sugar: 12.83g (14.26%), Cholesterol: 0mg (0%), Sodium: 9.62mg (0.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.41g (2.82%), Manganese: 0.9mg (45.03%), Copper: 0.16mg (8.25%), Magnesium: 27.79mg (6.95%), Vitamin E: 0.93mg (6.22%), Phosphorus: 58.27mg (5.83%), Vitamin K: 5.39µg (5.13%), Zinc: 0.68mg (4.51%), Iron: 0.61mg (3.39%), Vitamin B1: 0.04mg (2.48%), Vitamin B3: 0.46mg (2.28%), Potassium: 67.01mg (1.91%), Fiber: 0.45g (1.8%), Vitamin B2: 0.03mg (1.66%), Folate: 4.72µg (1.18%)