




 **99%**
HEALTH SCORE

Minty Lemongrass Orange Tea


 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy  Low Fod Map

READY IN




45 min.

SERVINGS



5

CALORIES



183 kcal

BEVERAGE

DRINK

Ingredients

- 1.3 pounds lemongrass frozen for another use
- 3 large oranges white with a small knife (preferably Temples)
- 2 ounces rose hips dried
- 6 ounces spearmint
- 6 ounces spearmint

Equipment

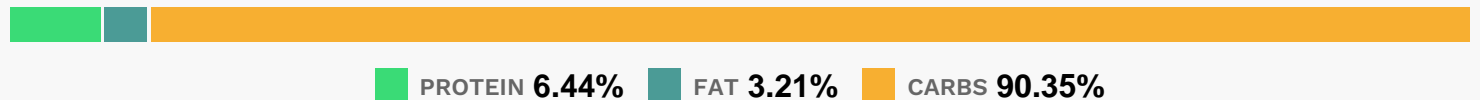
- bowl
- baking sheet

kitchen scissors

Directions

- Spread the orange peels, lemongrass and spearmint on racks or screens set over baking sheets. Set in a dry, dark place until dried but not brittle, 5 to 10 days, depending on the humidity.
- Using scissors, cut the orange peels and lemongrass into 1-inch pieces and place in a large bowl. Lightly crush the spearmint leaves and add to the bowl along with the rose hips; toss gently. Pack the tea in small tins.
- Make Ahead: The tea can be kept in airtight tins for up to 3 months.

Nutrition Facts



Properties

Glycemic Index:8.5, Glycemic Load:4.41, Inflammation Score:-8, Nutrition Score:21.301738992981%

Flavonoids

Hesperetin: 30.08mg, Hesperetin: 30.08mg, Hesperetin: 30.08mg, Hesperetin: 30.08mg Naringenin: 16.91mg, Naringenin: 16.91mg, Naringenin: 16.91mg, Naringenin: 16.91mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg

Nutrients (% of daily need)

Calories: 182.52kcal (9.13%), Fat: 0.73g (1.12%), Saturated Fat: 0.15g (0.95%), Carbohydrates: 46.06g (15.35%), Net Carbohydrates: 40.68g (14.79%), Sugar: 10.61g (11.79%), Cholesterol: 0mg (0%), Sodium: 7.26mg (0.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.28g (6.57%), Manganese: 6.07mg (303.36%), Vitamin C: 109.99mg (133.32%), Iron: 9.5mg (52.75%), Potassium: 1068.34mg (30.52%), Folate: 118.51µg (29.63%), Magnesium: 86.9mg (21.73%), Fiber: 5.38g (21.53%), Copper: 0.36mg (18.21%), Zinc: 2.63mg (17.56%), Vitamin A: 747.92IU (14.96%), Calcium: 137.03mg (13.7%), Phosphorus: 136.91mg (13.69%), Vitamin B2: 0.22mg (12.71%), Vitamin B1: 0.17mg (11.44%), Vitamin B3: 1.71mg (8.54%), Vitamin B6: 0.17mg (8.28%), Vitamin E: 0.86mg (5.74%), Vitamin B5: 0.42mg (4.23%), Vitamin K: 2.94µg (2.8%), Selenium: 1.35µg (1.92%)