



Moroccan Chocolate Mint Tea

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



10 min.

SERVINGS



2

CALORIES



11 kcal

BEVERAGE

DRINK

Ingredients

- 8 small chocolate mint sprigs
- 1 teaspoon sugar
- 1 teaspoon gunpowder tea green

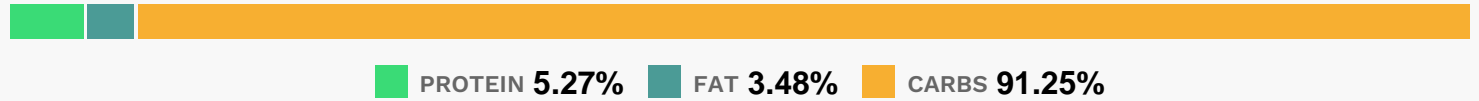
Equipment

- pot
- teapot

Directions

- Put tea, sugar, and mint in a teapot. Bring 2 cups of water to boil, let sit 2 minutes, then pour into pot.
- Let steep about 5 minutes. Strain into teacups.

Nutrition Facts



Properties

Glycemic Index:35.05, Glycemic Load:1.4, Inflammation Score:-2, Nutrition Score:0.71956522325459%

Flavonoids

Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epicatechin 3-gallate: 0.14mg, Epicatechin 3-gallate: 0.14mg, Epicatechin 3-gallate: 0.14mg, Epicatechin 3-gallate: 0.14mg Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg Theaflavin: 0.04mg, Theaflavin: 0.04mg, Theaflavin: 0.04mg, Theaflavin: 0.04mg Thearubigins: 2mg, Thearubigins: 2mg, Thearubigins: 2mg, Thearubigins: 2mg Eriodictyol: 1.24mg, Eriodictyol: 1.24mg, Eriodictyol: 1.24mg, Eriodictyol: 1.24mg Hesperetin: 0.41mg, Hesperetin: 0.41mg, Hesperetin: 0.41mg, Hesperetin: 0.41mg Apigenin: 0.22mg, Apigenin: 0.22mg, Apigenin: 0.22mg, Apigenin: 0.22mg Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg Theaflavin-3,3'-digallate: 0.04mg, Theaflavin-3,3'-digallate: 0.04mg, Theaflavin-3,3'-digallate: 0.04mg, Theaflavin-3,3'-digallate: 0.04mg Theaflavin-3'-gallate: 0.04mg, Theaflavin-3'-gallate: 0.04mg, Theaflavin-3'-gallate: 0.04mg, Theaflavin-3'-gallate: 0.04mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 10.52kcal (0.53%), Fat: 0.04g (0.07%), Saturated Fat: 0.01g (0.06%), Carbohydrates: 2.6g (0.86%), Net Carbohydrates: 2.28g (0.83%), Sugar: 2g (2.22%), Cholesterol: 0mg (0%), Sodium: 1.33mg (0.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.15g (0.3%), Vitamin A: 169.92IU (3.4%), Manganese: 0.05mg (2.63%), Vitamin C: 1.27mg (1.54%), Fiber: 0.32g (1.28%), Folate: 4.68µg (1.17%), Iron: 0.2mg (1.14%)