



Moroccan-Mint Iced tea

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



5 min.

SERVINGS



4

CALORIES



57 kcal

BEVERAGE

DRINK

Ingredients

- 0.3 cup simple syrup glaze
- 1 bag tazoâ® refreshâ„ç herbal tea
- 3 bags tazoâ® zenâ„ç tea green
- 2 cups water boiling
- 2 cups water cold

Equipment

Directions

- Place tea bags in heat-resistant pitcher.
- Add boiling water; let stand 3 min.
- Remove bags.
- Add cold water and simple syrup to pitcher; stir.
- Serve over ice.

Nutrition Facts

PROTEIN 0% FAT 0% CARBS 100%

Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:0.5408695642229%

Flavonoids

Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Theaflavin: 0.02mg, Theaflavin: 0.02mg, Theaflavin: 0.02mg, Theaflavin: 0.02mg Thearubigins: 0.81mg, Thearubigins: 0.81mg, Thearubigins: 0.81mg, Thearubigins: 0.81mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg Theaflavin-3,3'-digallate: 0.02mg, Theaflavin-3,3'-digallate: 0.02mg, Theaflavin-3,3'-digallate: 0.02mg, Theaflavin-3,3'-digallate: 0.02mg Theaflavin-3'-gallate: 0.02mg, Theaflavin-3'-gallate: 0.02mg, Theaflavin-3'-gallate: 0.02mg, Theaflavin-3'-gallate: 0.02mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 56.67kcal (2.83%), Fat: 0g (0%), Saturated Fat: 0g (0%), Carbohydrates: 15.41g (5.14%), Net Carbohydrates: 15.41g (5.6%), Sugar: 15.42g (17.13%), Cholesterol: 0mg (0%), Sodium: 24.08mg (1.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0g (0%), Iron: 0.76mg (4.21%), Copper: 0.04mg (2.11%), Vitamin B1: 0.03mg (1.83%), Magnesium: 4.5mg (1.13%)