

Moroccan Mint Tea

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



2

CALORIES



18 kcal

BEVERAGE

DRINK

Ingredients

- 6 mint leaves crushed
- 2 teaspoons sugar
- 2 teaspoons loose gunpowder tea green chinese
- 2.5 cups water boiling

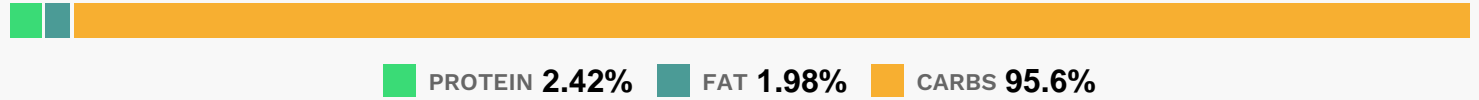
Equipment

- bowl
- sieve

Directions

- Combine all ingredients in a medium bowl; cover and steep 5 minutes. Strain tea mixture through a fine sieve into a bowl; discard solids.
- Note: When you get loose tea from tea bags, one regular green tea bag will yield 1 teaspoon loose tea leaves.

Nutrition Facts



Properties

Glycemic Index:35.05, Glycemic Load:2.79, Inflammation Score:-1, Nutrition Score:0.74565217344333%

Flavonoids

Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin 3-gallate: 0.29mg, Epicatechin 3-gallate: 0.29mg, Epicatechin 3-gallate: 0.29mg, Epicatechin 3-gallate: 0.29mg Epigallocatechin 3-gallate: 0.46mg, Epigallocatechin 3-gallate: 0.46mg, Epigallocatechin 3-gallate: 0.46mg, Epigallocatechin 3-gallate: 0.46mg Theaflavin: 0.08mg, Theaflavin: 0.08mg, Theaflavin: 0.08mg, Theaflavin: 0.08mg Thearubigins: 4.01mg, Thearubigins: 4.01mg, Thearubigins: 4.01mg, Thearubigins: 4.01mg Eriodictyol: 0.93mg, Eriodictyol: 0.93mg, Eriodictyol: 0.93mg, Eriodictyol: 0.93mg Hesperetin: 0.3mg, Hesperetin: 0.3mg, Hesperetin: 0.3mg, Hesperetin: 0.3mg Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg Theaflavin-3,3'-digallate: 0.09mg, Theaflavin-3,3'-digallate: 0.09mg, Theaflavin-3,3'-digallate: 0.09mg, Theaflavin-3,3'-digallate: 0.09mg Theaflavin-3'-gallate: 0.07mg, Theaflavin-3'-gallate: 0.07mg, Theaflavin-3'-gallate: 0.07mg, Theaflavin-3'-gallate: 0.07mg Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg

Nutrients (% of daily need)

Calories: 17.55kcal (0.88%), Fat: 0.04g (0.06%), Saturated Fat: 0.01g (0.05%), Carbohydrates: 4.45g (1.48%), Net Carbohydrates: 4.21g (1.53%), Sugar: 3.99g (4.44%), Cholesterol: 0mg (0%), Sodium: 15.9mg (0.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.11g (0.22%), Copper: 0.06mg (2.9%), Vitamin A: 127.44IU (2.55%), Manganese: 0.05mg (2.31%), Calcium: 16.2mg (1.62%), Magnesium: 5.51mg (1.38%), Vitamin C: 0.95mg (1.16%)