



Moroccan Mint Tea



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



10 min.

SERVINGS



6

CALORIES



26 kcal

BEVERAGE

DRINK

Ingredients



1 ounce mint leaves fresh



3 tablespoons sugar to taste



1 tablespoon loose gunpowder tea green chinese



5 cups water boiling

Equipment



pot

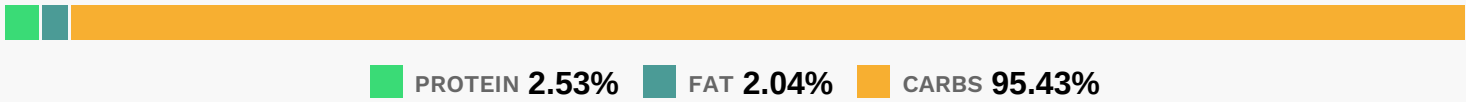


teapot

Directions

- ☐ Put tea in teapot and pour in 1 cup boiling water, then swirl gently to warm pot and rinse tea. Strain out and discard water, reserving tea leaves in pot.
- ☐ Add remaining 4 cups boiling water to tea and let steep 2 minutes. Stir in sugar (to taste) and mint sprigs and steep 3 to 4 minutes more.
- ☐ Serve in small heatproof glasses.

Nutrition Facts



Properties

Glycemic Index:11.68, Glycemic Load:4.19, Inflammation Score:-2, Nutrition Score:0.97260871221838%

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: 1.46mg, Eriodictyol: 1.46mg, Eriodictyol: 1.46mg, Eriodictyol: 1.46mg Hesperetin: 0.48mg, Hesperetin: 0.48mg, Hesperetin: 0.48mg, Hesperetin: 0.48mg Apigenin: 0.25mg, Apigenin: 0.25mg, Apigenin: 0.25mg, Apigenin: 0.25mg Luteolin: 0.6mg, Luteolin: 0.6mg, Luteolin: 0.6mg, Luteolin: 0.6mg 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: 26.43kcal (1.32%), Fat: 0.06g (0.1%), Saturated Fat: 0.01g (0.07%), Carbohydrates: 6.69g (2.23%), Net Carbohydrates: 6.31g (2.29%), Sugar: 5.99g (6.65%), Cholesterol: 0mg (0%), Sodium: 11.46mg (0.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.18g (0.35%), Vitamin A: 200.71IU (4.01%), Manganese: 0.06mg (3.06%), Copper: 0.05mg (2.39%), Vitamin C: 1.5mg (1.82%), Calcium: 17.46mg (1.75%), Fiber: 0.38g (1.51%), Magnesium: 5.83mg (1.46%), Folate: 5.51µg (1.38%), Iron: 0.24mg (1.35%)