



## Orange-Ginger Green Tea Latte

 Vegetarian  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



2

CALORIES



177 kcal

BEVERAGE

DRINK

### Ingredients

- 2 cups soymilk plain
- 2 tablespoons honey
- 5 bags tea green
- 1 piece orange zest ()
- 0.3 teaspoon ground ginger

### Equipment

- sauce pan

## Directions

- In 1-quart saucepan, heat soymilk and honey just to boiling over medium-high heat, stirring frequently; remove from heat.
- Add tea bags, orange peel and ginger to soymilk mixture; stir to blend.
- Push tea bags into soymilk mixture; let stand 5 minutes. Discard tea bags and orange peel. Strain soymilk mixture before serving.

## Nutrition Facts

**PROTEIN 15.86%** **FAT 23.67%** **CARBS 60.47%**

## Properties

Glycemic Index:42.84, Glycemic Load:11.43, Inflammation Score:-7, Nutrition Score:16.06782600154%

## 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 3-gallate: 0.15mg, Epicatechin 3-gallate: 0.15mg, Epicatechin 3-gallate: 0.15mg, Epicatechin 3-gallate: 0.15mg Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg Theaflavin: 0.04mg, Theaflavin: 0.04mg, Theaflavin: 0.04mg Thearubigins: 2.03mg, Thearubigins: 2.03mg, Thearubigins: 2.03mg, Thearubigins: 2.03mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg 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'-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: 176.72kcal (8.84%), Fat: 4.72g (7.26%), Saturated Fat: 0.49g (3.09%), Carbohydrates: 27.13g (9.04%), Net Carbohydrates: 25.48g (9.26%), Sugar: 23.22g (25.8%), Cholesterol: 0mg (0%), Sodium: 119.16mg (5.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.11g (14.23%), Vitamin B12: 2.55µg (42.48%), Vitamin E: 5.96mg (39.75%), Vitamin B3: 7.87mg (39.36%), Calcium: 341.61mg (34.16%), Vitamin C: 25.26mg (30.62%), Vitamin B2: 0.48mg (28.46%), Vitamin B6: 0.57mg (28.35%), Folate: 77.9µg (19.47%), Vitamin A: 952.76IU (19.06%), Vitamin D: 2.83µg (18.88%), Copper: 0.3mg (15.24%), Potassium: 360.63mg (10.3%), Vitamin B1: 0.15mg (10.24%), Selenium: 5.8µg (8.28%), Iron: 1.34mg (7.46%), Fiber: 1.66g (6.63%), Manganese: 0.11mg (5.28%), Zinc: 0.64mg (4.25%)