



## Orange-Ginger Green Tea Latte



Vegetarian



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



2

CALORIES



670 kcal

BEVERAGE

DRINK

### Ingredients

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

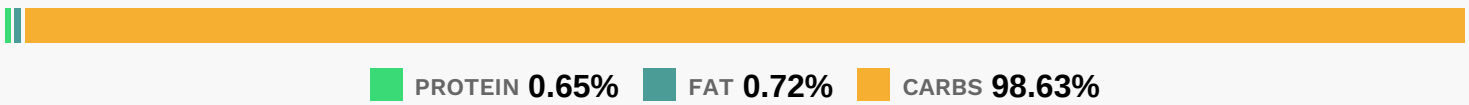
### Equipment

- ☐ 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



### Properties

Glycemic Index:26.14, Glycemic Load:9.02, Inflammation Score:-3, Nutrition Score:4.4304348402049%

### 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-3,3'-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: 669.56kcal (33.48%), Fat: 0.15g (0.23%), Saturated Fat: 0.03g (0.18%), Carbohydrates: 45.3g (15.1%), Net Carbohydrates: 44.59g (16.21%), Sugar: 43.56g (48.4%), Cholesterol: 0mg (0%), Sodium: 19.88mg (0.86%), Alcohol: 71.55g (100%), Alcohol %: 38.14% (100%), Protein: 0.3g (0.6%), Manganese: 0.58mg (29.2%), Vitamin B2: 0.21mg (12.46%), Vitamin C: 8.27mg (10.02%), Potassium: 335.7mg (9.59%), Copper: 0.16mg (8.21%), Magnesium: 27.31mg (6.83%), Vitamin B3: 0.99mg (4.94%), Vitamin B6: 0.07mg (3.56%), Calcium: 34.08mg (3.41%), Fiber: 0.71g (2.85%), Iron: 0.44mg (2.42%), Vitamin B1: 0.03mg (2.01%), Zinc: 0.3mg (2%), Phosphorus: 15.02mg (1.5%), Vitamin B5: 0.12mg (1.18%)