



Peanut & Ginger Tea



Vegetarian



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



2

CALORIES



83 kcal

BEVERAGE

DRINK

Ingredients

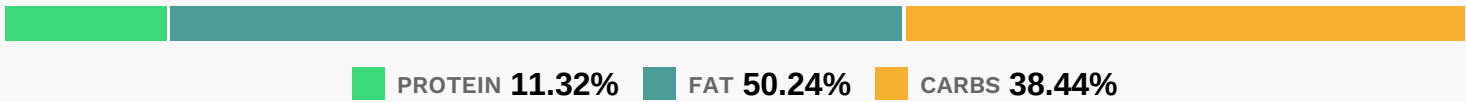
- ☐ 20 chop roasted peanuts unsalted dry shelled coarsely chopped (, , and)
- ☐ 4 slices ginger fresh (1/)
- ☐ 2 teaspoons honey
- ☐ 2 cups water

Equipment

Directions

- ☐ Bring water to a boil.
- ☐ Add the peanuts and ginger and remove from heat.
- ☐ Let steep about 5 minutes. Strain tea and pour into two cups. Stir 1 teaspoon of honey into each cup.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:33.64, Glycemic Load:3.1, Inflammation Score:-1, Nutrition Score:2.5104347739531%

Nutrients (% of daily need)

Calories: 83.18kcal (4.16%), Fat: 5g (7.69%), Saturated Fat: 0.78g (4.88%), Carbohydrates: 8.61g (2.87%), Net Carbohydrates: 7.67g (2.79%), Sugar: 6.3g (7.01%), Cholesterol: 0mg (0%), Sodium: 53.63mg (2.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.53g (5.07%), Manganese: 0.22mg (11.15%), Vitamin B3: 1.48mg (7.39%), Magnesium: 22.03mg (5.51%), Copper: 0.09mg (4.61%), Phosphorus: 37.94mg (3.79%), Fiber: 0.93g (3.74%), Vitamin E: 0.5mg (3.36%), Vitamin B6: 0.05mg (2.73%), Folate: 10.28µg (2.57%), Potassium: 83.64mg (2.39%), Zinc: 0.33mg (2.2%), Vitamin B5: 0.15mg (1.52%), Selenium: 1.01µg (1.45%), Vitamin B2: 0.02mg (1.4%), Calcium: 13.96mg (1.4%), Iron: 0.21mg (1.17%), Vitamin B1: 0.02mg (1.08%)