



Persimmon Tea



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



244 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.5 pound ginger fresh scrubbed cut into 1/2-inch slices
- ☐ 12 ounces persimmon dried
- ☐ 0.3 pound pinenuts
- ☐ 0.8 cup sugar

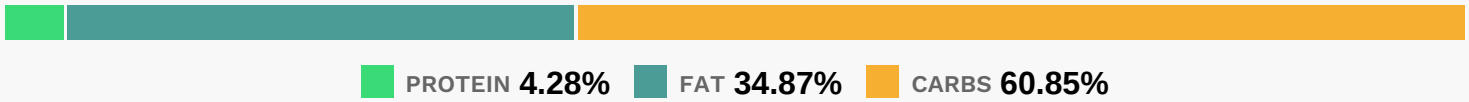
Equipment

- ☐ sauce pan

Directions

- ☐
- In a large saucepan, combine 10 cups of water, the sugar, and ginger and bring to a boil. Simmer for 5 minutes, remove from heat, and add the persimmons.
- ☐
- Let sit for at least 2 hours to allow the flavors to steep. Strain into a decanter. Cover and refrigerate up to 3 days ahead.
- ☐
- Serve chilled in teacups garnished with pine nuts.

Nutrition Facts



Properties

Glycemic Index:16.89, Glycemic Load:20.88, Inflammation Score:-4, Nutrition Score:8.8730434963237%

Nutrients (% of daily need)

Calories: 244.27kcal (12.21%), Fat: 10.14g (15.6%), Saturated Fat: 0.75g (4.7%), Carbohydrates: 39.82g (13.27%), Net Carbohydrates: 38.72g (14.08%), Sugar: 19.7g (21.89%), Cholesterol: 0mg (0%), Sodium: 4.58mg (0.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.8g (5.6%), Manganese: 1.31mg (65.67%), Vitamin C: 29.6mg (35.88%), Copper: 0.25mg (12.62%), Magnesium: 47.77mg (11.94%), Iron: 2.03mg (11.26%), Phosphorus: 102.2mg (10.22%), Potassium: 334.47mg (9.56%), Vitamin E: 1.4mg (9.31%), Vitamin K: 7.67µg (7.3%), Zinc: 1.01mg (6.75%), Fiber: 1.09g (4.37%), Vitamin B3: 0.83mg (4.17%), Vitamin B1: 0.06mg (3.91%), Vitamin B6: 0.06mg (2.93%), Vitamin B2: 0.05mg (2.67%), Folate: 7.94µg (1.98%), Calcium: 18.47mg (1.85%), Vitamin B5: 0.1mg (1.02%)