

Pineapple-Basil Tea



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



40 min.

SERVINGS



30

CALORIES



44 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.3 cup basil fresh chopped
- ☐ 2 cups pineapple fresh chopped
- ☐ 1.5 cups sugar
- ☐ 8 ginger tea bags black
- ☐ 1 cup water
- ☐ 3 cups water
- ☐ 6 cups water cold

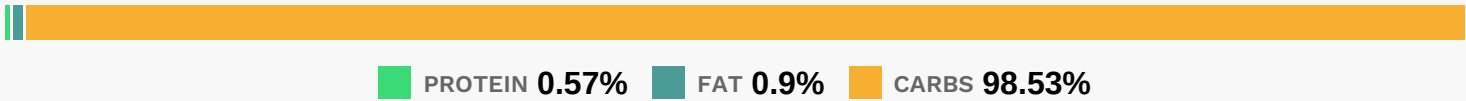
Equipment

- ☐ sauce pan
- ☐ sieve
- ☐ blender

Directions

- ☐ Bring chopped fresh pineapple, sugar, and 1 cup water to a boil in a saucepan over medium-high heat. Reduce heat to low; simmer, stirring often, 10 minutes. Cool slightly; process in a blender.
- ☐ Pour through a wire-mesh strainer into a 1-gal. container. Bring 3 cups water to a boil over medium-high heat in a saucepan.
- ☐ Add tea bags; boil 1 minute.
- ☐ Remove from heat; cover and steep 10 minutes. Discard tea bags, and stir tea into pineapple mixture. Stir in 1/4 cup chopped fresh basil and 6 cups cold water.
- ☐ Serve over ice.

Nutrition Facts



Properties

Glycemic Index:6.63, Glycemic Load:7.74, Inflammation Score:-1, Nutrition Score:0.84173913032788%

Flavonoids

Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 44.05kcal (2.2%), Fat: 0.05g (0.07%), Saturated Fat: 0g (0.01%), Carbohydrates: 11.41g (3.8%), Net Carbohydrates: 11.25g (4.09%), Sugar: 11.06g (12.29%), Cholesterol: 0mg (0%), Sodium: 4.16mg (0.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.07g (0.13%), Vitamin C: 5.29mg (6.42%), Manganese: 0.1mg (5.23%), Copper: 0.03mg (1.31%)