



Plum-Thyme Iced Tea



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



144 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 4 servings ice cubes
- ☐ 2.5 cups plums red pitted chopped (3 plums)
- ☐ 0.5 cup sugar
- ☐ 6 ginger tea bags
- ☐ 3 thyme sprigs
- ☐ 4.8 cups water divided

Equipment

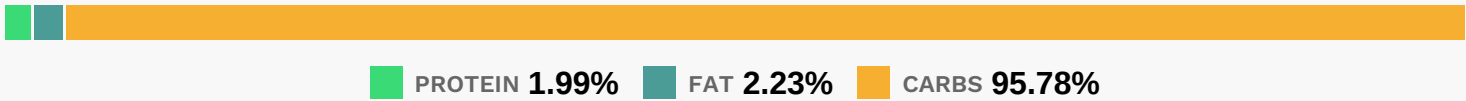
- ☐ frying pan

- ☐ sauce pan
- ☐ sieve

Directions

- ☐ Bring 4 cups water to a boil in a medium saucepan.
- ☐ Remove pan from heat, and add tea bags. Cover and steep 5 minutes.
- ☐ Remove and discard tea bags. Cool tea completely in pan.
- ☐ Combine 3/4 cup water, sugar, chopped plums, and thyme in a medium saucepan. Bring to a boil, stirring until sugar melts. Reduce heat, and simmer, uncovered, 15 minutes or until plums are very tender and have lost their shape. Strain plum mixture through a sieve into tea, pressing with the back of a spoon to extract juice. Discard solids. Stir tea mixture; cover and refrigerate until thoroughly chilled.
- ☐ Serve tea over ice.
- ☐ Garnish with plum and lemon slices, if desired.

Nutrition Facts



Properties

Glycemic Index:38.44, Glycemic Load:21.48, Inflammation Score:-7, Nutrition Score:3.0352173713238%

Flavonoids

Cyanidin: 5.81mg, Cyanidin: 5.81mg, Cyanidin: 5.81mg, Cyanidin: 5.81mg Peonidin: 0.32mg, Peonidin: 0.32mg, Peonidin: 0.32mg, Peonidin: 0.32mg Catechin: 2.98mg, Catechin: 2.98mg, Catechin: 2.98mg, Catechin: 2.98mg Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg Epicatechin: 3.3mg, Epicatechin: 3.3mg, Epicatechin: 3.3mg, Epicatechin: 3.3mg Epicatechin 3-gallate: 0.78mg, Epicatechin 3-gallate: 0.78mg, Epicatechin 3-gallate: 0.78mg, Epicatechin 3-gallate: 0.78mg Epigallocatechin 3-gallate: 0.41mg, Epigallocatechin 3-gallate: 0.41mg, Epigallocatechin 3-gallate: 0.41mg, Epigallocatechin 3-gallate: 0.41mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg

Nutrients (% of daily need)

Calories: 144.45kcal (7.22%), Fat: 0.38g (0.59%), Saturated Fat: 0.02g (0.13%), Carbohydrates: 36.84g (12.28%), Net Carbohydrates: 35.29g (12.83%), Sugar: 35.18g (39.09%), Cholesterol: 0mg (0%), Sodium: 17.16mg (0.75%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.76g (1.53%), Vitamin C: 11mg (13.33%), Vitamin A: 391.41IU (7.83%), Vitamin K: 6.6µg (6.29%), Fiber: 1.55g (6.2%), Copper: 0.12mg (5.93%), Potassium: 166.97mg (4.77%), Manganese: 0.07mg (3.38%), Magnesium: 11.79mg (2.95%), Vitamin B3: 0.44mg (2.22%), Vitamin B2: 0.04mg (2.06%), Calcium: 19.58mg (1.96%), Vitamin B1: 0.03mg (1.95%), Vitamin E: 0.27mg (1.79%), Iron: 0.32mg (1.77%), Phosphorus: 17.3mg (1.73%), Vitamin B6: 0.03mg (1.63%), Vitamin B5: 0.14mg (1.42%), Folate: 5.49µg (1.37%), Zinc: 0.15mg (1.02%)