



WHATSheATE



Ruby Spiced Mint Tea



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



44 kcal

BEVERAGE

DRINK

Ingredients



3 inch cinnamon



1 cup mint leaves fresh loosely packed



3 tablespoons sugar



6 cranberry-flavored tea bags



4.5 cups water

Equipment

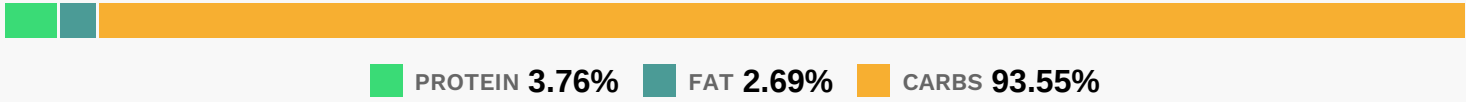


sauce pan

Directions

- ☐ Combine first 5 ingredients in a large saucepan. Bring to a boil; cover, remove from heat, and let cool to room temperature.
- ☐ Add tea bags. Bring to a boil; cover, remove from heat, and let cool to room temperature.
- ☐ Remove and discard tea bags. Strain and serve over ice.

Nutrition Facts



Properties

Glycemic Index:18.77, Glycemic Load:6.29, Inflammation Score:-4, Nutrition Score:2.5930434922161%

Flavonoids

Eriodictyol: 3.48mg, Eriodictyol: 3.48mg, Eriodictyol: 3.48mg, Eriodictyol: 3.48mg Hesperetin: 1.14mg, Hesperetin: 1.14mg, Hesperetin: 1.14mg, Hesperetin: 1.14mg Apigenin: 0.61mg, Apigenin: 0.61mg, Apigenin: 0.61mg, Apigenin: 0.61mg Luteolin: 1.42mg, Luteolin: 1.42mg, Luteolin: 1.42mg, Luteolin: 1.42mg

Nutrients (% of daily need)

Calories: 44.38kcal (2.22%), Fat: 0.14g (0.22%), Saturated Fat: 0.03g (0.19%), Carbohydrates: 11.24g (3.75%), Net Carbohydrates: 9.95g (3.62%), Sugar: 9g (10%), Cholesterol: 0mg (0%), Sodium: 16.96mg (0.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.45g (0.9%), Manganese: 0.26mg (13.18%), Vitamin A: 480.11IU (9.6%), Fiber: 1.3g (5.19%), Vitamin C: 3.61mg (4.37%), Calcium: 42.93mg (4.29%), Copper: 0.08mg (4.14%), Iron: 0.64mg (3.55%), Folate: 12.87µg (3.22%), Magnesium: 12.11mg (3.03%), Potassium: 67.43mg (1.93%), Vitamin B2: 0.03mg (1.88%), Zinc: 0.17mg (1.11%), Vitamin B3: 0.2mg (1.01%)