



## Spiced Persimmon Turmeric Tea



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



40 min.

SERVINGS



4

CALORIES



20 kcal

BEVERAGE

DRINK

## Ingredients

- ☐ 6 cinnamon sticks
- ☐ 3 inch ginger fresh peeled thinly sliced
- ☐ 1 teaspoon peppercorns fresh
- ☐ 4 servings artificial sweetener to taste (ex. honey or stevia)
- ☐ 3 inch turmeric fresh peeled thinly sliced
- ☐ 8 cups water filtered

## Equipment

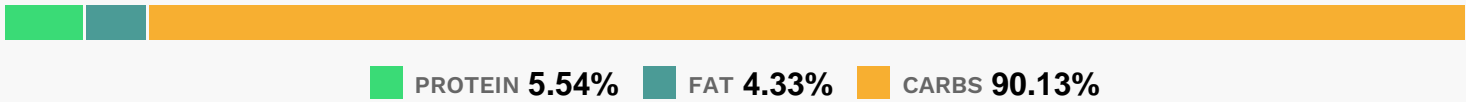
- ☐ bowl

- ☐ sauce pan
- ☐ sieve

## Directions

- ☐ Place the water, ginger, turmeric, peppercorns, cinnamon sticks and persimmon slices in a large saucepan and bring to a boil. Lower heat, and simmer on low for 20 to 30 minutes. Strain tea through a fine mesh strainer (or pour through a coffee filter to catch sediment).
- ☐ Pour into cups or bowls. The softened persimmons may also be added or add a few fresh slices for garnish and serve adding preferred sweetener to taste. Alternatively you can cool the tea to room temperature and refrigerate for a couple of days and reheat as desired.

## Nutrition Facts



## Properties

Glycemic Index:14.25, Glycemic Load:0.33, Inflammation Score:-5, Nutrition Score:4.2839129554189%

## Nutrients (% of daily need)

Calories: 20.19kcal (1.01%), Fat: 0.15g (0.23%), Saturated Fat: 0.05g (0.29%), Carbohydrates: 6.92g (2.31%), Net Carbohydrates: 2.98g (1.08%), Sugar: 0.46g (0.51%), Cholesterol: 0mg (0%), Sodium: 25.11mg (1.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.43g (0.85%), Manganese: 1.08mg (53.76%), Fiber: 3.19g (12.75%), Calcium: 72.65mg (7.27%), Copper: 0.12mg (6.02%), Iron: 0.61mg (3.37%), Vitamin K: 3.45µg (3.29%), Magnesium: 12.16mg (3.04%), Potassium: 60.93mg (1.74%), Zinc: 0.18mg (1.18%), Vitamin B6: 0.02mg (1.06%)