



Sunset Palmer



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



25 min.

SERVINGS



2

CALORIES



48 kcal

SIDE DISH

Ingredients

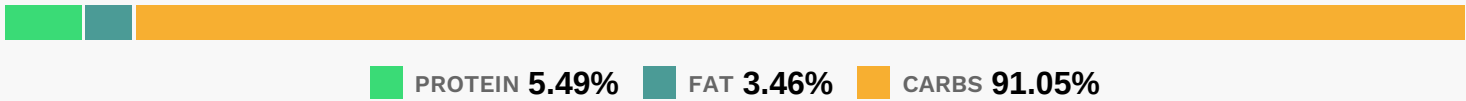
- ☐ 0.5 cup lemon verbena* and lemon balm leaves* fresh for garnish
- ☐ 1 lemon zest
- ☐ 2 stalks lemongrass fresh ends trimmed chopped
- ☐ 1 tablespoon sugar
- ☐ 1 cup freshly tea black english such as breakfast, cooled brewed

Equipment

Directions

- ☐ Put lemongrass, lemon verbena, lemon balm, and zest in a heatproof container.
- ☐ Pour 2 cups boiling water over herbs and steep 20 minutes. Strain, then stir in sugar.
- ☐ Divide liquid between 2 ice-filled glasses. Top each with about 1/2 cup black tea.
- ☐ Garnish with lemon verbena leaves.
- ☐ *Grow your own lemon verbena and lemon balm, or look for them at a farmers' market.

Nutrition Facts



Properties

Glycemic Index:35.05, Glycemic Load:4.19, Inflammation Score:-8, Nutrition Score:5.9456521675962%

Flavonoids

Catechin: 1.78mg, Catechin: 1.78mg, Catechin: 1.78mg, Catechin: 1.78mg Epigallocatechin: 9.5mg, Epigallocatechin: 9.5mg, Epigallocatechin: 9.5mg, Epigallocatechin: 9.5mg Epicatechin: 2.51mg, Epicatechin: 2.51mg, Epicatechin: 2.51mg, Epicatechin: 2.51mg Epicatechin 3-gallate: 6.91mg, Epicatechin 3-gallate: 6.91mg, Epicatechin 3-gallate: 6.91mg, Epicatechin 3-gallate: 6.91mg Epigallocatechin 3-gallate: 11.04mg, Epigallocatechin 3-gallate: 11.04mg, Epigallocatechin 3-gallate: 11.04mg, Epigallocatechin 3-gallate: 11.04mg Theaflavin: 1.86mg, Theaflavin: 1.86mg, Theaflavin: 1.86mg, Theaflavin: 1.86mg Thearubigins: 95.93mg, Thearubigins: 95.93mg, Thearubigins: 95.93mg, Thearubigins: 95.93mg 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 Kaempferol: 1.66mg, Kaempferol: 1.66mg, Kaempferol: 1.66mg, Kaempferol: 1.66mg Myricetin: 0.53mg, Myricetin: 0.53mg, Myricetin: 0.53mg, Myricetin: 0.53mg Quercetin: 2.58mg, Quercetin: 2.58mg, Quercetin: 2.58mg, Quercetin: 2.58mg Theaflavin-3,3'-digallate: 2.07mg, Theaflavin-3,3'-digallate: 2.07mg, Theaflavin-3,3'-digallate: 2.07mg, Theaflavin-3,3'-digallate: 2.07mg Theaflavin-3'-gallate: 1.78mg, Theaflavin-3'-gallate: 1.78mg, Theaflavin-3'-gallate: 1.78mg, Theaflavin-3'-gallate: 1.78mg Gallocatechin: 1.48mg, Gallocatechin: 1.48mg, Gallocatechin: 1.48mg, Gallocatechin: 1.48mg

Nutrients (% of daily need)

Calories: 48.42kcal (2.42%), Fat: 0.21g (0.32%), Saturated Fat: 0.05g (0.31%), Carbohydrates: 12.28g (4.09%), Net Carbohydrates: 11.06g (4.02%), Sugar: 6.11g (6.79%), Cholesterol: 0mg (0%), Sodium: 8.17mg (0.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 23.6mg (7.87%), Protein: 0.74g (1.48%), Manganese: 1.17mg (58.73%), Iron: 1.85mg (10.26%), Vitamin A: 480.3IU (9.61%), Vitamin C: 7.84mg (9.5%), Folate: 30.36µg (7.59%), Potassium: 221.04mg (6.32%), Magnesium: 21.99mg (5.5%), Fiber: 1.22g (4.87%), Copper: 0.09mg (4.59%), Vitamin B2: 0.07mg

(4.13%), Calcium: 41.17mg (4.12%), Zinc: 0.49mg (3.27%), Phosphorus: 24.9mg (2.49%), Vitamin B3: 0.37mg (1.85%),
Vitamin B6: 0.03mg (1.58%), Vitamin B1: 0.02mg (1.38%)