

Tea on the Green



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



2

CALORIES



179 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 8 ounces freshly tea green cooled brewed
- ☐ 2 servings ice cubes
- ☐ 1 ounce juice of lime freshly squeezed
- ☐ 2 lime wedges
- ☐ 1 ounce lime zest with lime zest
- ☐ 4 ounces gold rum

Equipment

Directions

 In a cocktail shaker, mix tea, lime juice, simple syrup and rum. Fill ice tea glasses with ice, pour in the cocktail mixture and garnish with sugared limes.

Nutrition Facts



 **PROTEIN 1.32%**  **FAT 0.73%**  **CARBS 97.95%**

Properties

Glycemic Index:23.5, Glycemic Load:0.44, Inflammation Score:-8, Nutrition Score:2.1504347881545%

Flavonoids

Catechin: 1.71mg, Catechin: 1.71mg, Catechin: 1.71mg, Catechin: 1.71mg Epigallocatechin: 9.13mg, Epigallocatechin: 9.13mg, Epigallocatechin: 9.13mg, Epigallocatechin: 9.13mg Epicatechin: 2.42mg, Epicatechin: 2.42mg, Epicatechin: 2.42mg, Epicatechin: 2.42mg Epicatechin 3-gallate: 6.65mg, Epicatechin 3-gallate: 6.65mg, Epicatechin 3-gallate: 6.65mg, Epicatechin 3-gallate: 6.65mg Epigallocatechin 3-gallate: 10.61mg, Epigallocatechin 3-gallate: 10.61mg, Epigallocatechin 3-gallate: 10.61mg, Epigallocatechin 3-gallate: 10.61mg Theaflavin: 1.79mg, Theaflavin: 1.79mg, Theaflavin: 1.79mg, Theaflavin: 1.79mg Thearubigins: 92.19mg, Thearubigins: 92.19mg, Thearubigins: 92.19mg, Thearubigins: 92.19mg Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 9.01mg, Hesperetin: 9.01mg, Hesperetin: 9.01mg, Hesperetin: 9.01mg Naringenin: 0.67mg, Naringenin: 0.67mg, Naringenin: 0.67mg, Naringenin: 0.67mg Kaempferol: 1.6mg, Kaempferol: 1.6mg, Kaempferol: 1.6mg, Kaempferol: 1.6mg Myricetin: 0.51mg, Myricetin: 0.51mg, Myricetin: 0.51mg, Myricetin: 0.51mg Quercetin: 2.63mg, Quercetin: 2.63mg, Quercetin: 2.63mg, Quercetin: 2.63mg Theaflavin-3,3'-digallate: 1.98mg, Theaflavin-3,3'-digallate: 1.98mg, Theaflavin-3,3'-digallate: 1.98mg, Theaflavin-3,3'-digallate: 1.98mg Theaflavin-3'-gallate: 1.71mg, Theaflavin-3'-gallate: 1.71mg, Theaflavin-3'-gallate: 1.71mg, Theaflavin-3'-gallate: 1.71mg Gallocatechin: 1.42mg, Gallocatechin: 1.42mg, Gallocatechin: 1.42mg, Gallocatechin: 1.42mg

Nutrients (% of daily need)

Calories: 179.18kcal (8.96%), Fat: 0.05g (0.07%), Saturated Fat: 0.01g (0.05%), Carbohydrates: 13.79g (4.6%), Net Carbohydrates: 13.23g (4.81%), Sugar: 10.92g (12.13%), Cholesterol: 0mg (0%), Sodium: 15.63mg (0.68%), Alcohol: 18.94g (100%), Alcohol %: 8.81% (100%), Caffeine: 22.68mg (7.56%), Protein: 0.19g (0.37%), Manganese: 0.26mg (13.13%), Vitamin C: 9.49mg (11.5%), Iron: 0.68mg (3.76%), Copper: 0.05mg (2.53%), Potassium: 86.97mg (2.48%), Fiber: 0.56g (2.24%), Folate: 8.53µg (2.13%), Vitamin B1: 0.03mg (2.05%), Magnesium: 7.59mg (1.9%), Vitamin B2: 0.03mg (1.9%), Calcium: 11.45mg (1.14%)