



## Tea Sauce for All Occasions

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



39 kcal

BEVERAGE

DRINK

## Ingredients

- 1 teaspoon ginger fresh minced peeled
- 3 garlic clove minced
- 3 tablespoons chives fresh minced
- 1.5 teaspoons honey
- 1 tablespoon juice of lemon fresh
- 1 tablespoon soy sauce low-sodium
- 2 tablespoons olive oil extra virgin extra-virgin
- 0.3 teaspoon to 5 chilies red hot minced seeded

- 0.1 teaspoon salt
- 2 teaspoons tea bags green
- 0.8 cup water boiling

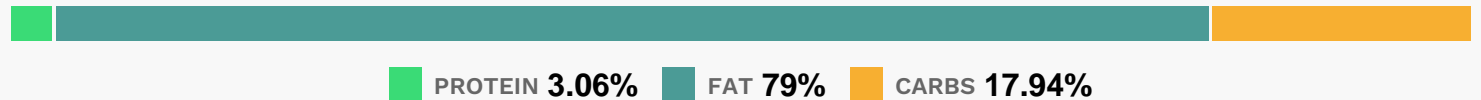
## Equipment

- bowl
- sieve

## Directions

- Combine the boiling water and green tea in a bowl; cover and steep for 3 minutes.
- Remove the tea bags or strain the tea mixture through a fine sieve into a bowl, and discard the tea leaves.
- Add the minced chives and remaining ingredients to the tea. Cover and chill for 30 minutes.

## Nutrition Facts



## Properties

Glycemic Index:23.41, Glycemic Load:0.69, Inflammation Score:-1, Nutrition Score:0.8717391361361%

## Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

## Nutrients (% of daily need)

Calories: 38.76kcal (1.94%), Fat: 3.53g (5.43%), Saturated Fat: 0.49g (3.05%), Carbohydrates: 1.8g (0.6%), Net Carbohydrates: 1.72g (0.63%), Sugar: 1.18g (1.31%), Cholesterol: 0mg (0%), Sodium: 109.86mg (4.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.31g (0.61%), Vitamin K: 4.54µg (4.33%), Vitamin E: 0.52mg (3.47%), Vitamin C: 1.97mg (2.39%), Manganese: 0.03mg (1.69%), Vitamin B6: 0.02mg (1.05%), Vitamin A: 50.67IU (1.01%)