



The Herbaliser



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



1

CALORIES



296 kcal

SIDE DISH

Ingredients

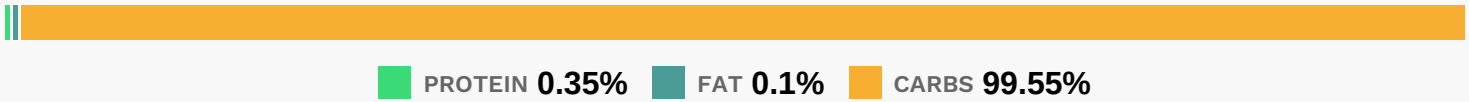
- ☐ 2 ounces st. germain
- ☐ 1 ounce honey
- ☐ 1 slice optional: lemon
- ☐ 8 ounces freshly tea hot

Equipment

Directions

Combine tea with liqueurs in a tea cup, add lemon slice and serve immediately.

Nutrition Facts



Properties

Glycemic Index:77.77, Glycemic Load:12.3, Inflammation Score:-7, Nutrition Score:2.1347825924825%

Flavonoids

Catechin: 3.42mg, Catechin: 3.42mg, Catechin: 3.42mg, Catechin: 3.42mg Epigallocatechin: 18.26mg, Epigallocatechin: 18.26mg, Epigallocatechin: 18.26mg, Epigallocatechin: 18.26mg Epicatechin: 4.83mg, Epicatechin: 4.83mg, Epicatechin: 4.83mg, Epicatechin: 4.83mg Epicatechin 3-gallate: 13.29mg, Epicatechin 3-gallate: 13.29mg, Epicatechin 3-gallate: 13.29mg, Epicatechin 3-gallate: 13.29mg Epigallocatechin 3-gallate: 21.23mg, Epigallocatechin 3-gallate: 21.23mg, Epigallocatechin 3-gallate: 21.23mg, Epigallocatechin 3-gallate: 21.23mg Theaflavin: 3.58mg, Theaflavin: 3.58mg, Theaflavin: 3.58mg, Theaflavin: 3.58mg Thearubigins: 184.39mg, Thearubigins: 184.39mg, Thearubigins: 184.39mg, Thearubigins: 184.39mg Eriodictyol: 1.5mg, Eriodictyol: 1.5mg, Eriodictyol: 1.5mg, Eriodictyol: 1.5mg Hesperetin: 1.95mg, Hesperetin: 1.95mg, Hesperetin: 1.95mg, Hesperetin: 1.95mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 3.2mg, Kaempferol: 3.2mg, Kaempferol: 3.2mg, Kaempferol: 3.2mg Myricetin: 1.06mg, Myricetin: 1.06mg, Myricetin: 1.06mg, Myricetin: 1.06mg Quercetin: 5.05mg, Quercetin: 5.05mg, Quercetin: 5.05mg, Quercetin: 5.05mg Theaflavin-3,3'-digallate: 3.97mg, Theaflavin-3,3'-digallate: 3.97mg, Theaflavin-3,3'-digallate: 3.97mg, Theaflavin-3,3'-digallate: 3.97mg Theaflavin-3'-gallate: 3.42mg, Theaflavin-3'-gallate: 3.42mg, Theaflavin-3'-gallate: 3.42mg, Theaflavin-3'-gallate: 3.42mg Gallocatechin: 2.84mg, Gallocatechin: 2.84mg, Gallocatechin: 2.84mg, Gallocatechin: 2.84mg

Nutrients (% of daily need)

Calories: 296.48kcal (14.82%), Fat: 0.02g (0.03%), Saturated Fat: 0.01g (0.05%), Carbohydrates: 46.69g (15.56%), Net Carbohydrates: 46.44g (16.89%), Sugar: 45.25g (50.27%), Cholesterol: 0mg (0%), Sodium: 8.08mg (0.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 45.36mg (15.12%), Protein: 0.16g (0.32%), Manganese: 0.52mg (26.07%), Vitamin C: 3.85mg (4.67%), Folate: 12.68µg (3.17%), Potassium: 108.32mg (3.09%), Vitamin B2: 0.04mg (2.58%), Magnesium: 7.93mg (1.98%), Copper: 0.04mg (1.77%), Iron: 0.21mg (1.15%), Fiber: 0.25g (1.01%)