

Tropic Tea



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



1

CALORIES



68 kcal

BEVERAGE

DRINK

Ingredients

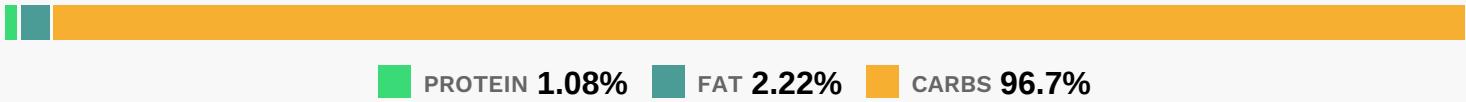
- ☐ 1 tablespoon firmly spearmint leaves fresh packed
- ☐ 0.5 fluid ounce pear-flavored vodka absolut® (such as)
- ☐ 1 tablespoon simple syrup glaze to taste
- ☐ 2 tea bags lipton® (such as)
- ☐ 0.5 cup very water hot

Equipment

Directions

- ☐ Pour water into a glass and add tea bags. Steep tea until water is very dark, about 4 minutes; discard tea bags.
- ☐ Crush spearmint leaves in the bottom of a 12-ounce glass until leaves are bruised and broken up. Stir ice, tea, and simple syrup into glass.
- ☐ Pour vodka into glass and stir.

Nutrition Facts



Properties

Glycemic Index:36.75, Glycemic Load:0.66, Inflammation Score:-1, Nutrition Score:1.8539130804331%

Flavonoids

Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.56mg, Epicatechin: 0.56mg, Epicatechin: 0.56mg, Epicatechin: 0.56mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 68.49kcal (3.42%), Fat: 0.19g (0.29%), Saturated Fat: 0.05g (0.31%), Carbohydrates: 18.37g (6.12%), Net Carbohydrates: 17.39g (6.32%), Sugar: 16.08g (17.87%), Cholesterol: 0mg (0%), Sodium: 18.12mg (0.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.21g (0.41%), Iron: 1.61mg (8.93%), Manganese: 0.17mg (8.52%), Fiber: 0.98g (3.94%), Vitamin A: 127.4IU (2.55%), Calcium: 24.16mg (2.42%), Copper: 0.04mg (2.17%), Vitamin B6: 0.04mg (1.95%), Vitamin C: 1.57mg (1.9%), Vitamin B1: 0.03mg (1.86%), Magnesium: 6.62mg (1.65%), Vitamin B2: 0.02mg (1.43%), Folate: 4.63µg (1.16%), Potassium: 40.33mg (1.15%)