



Watermelon and Basil Iced Tea



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



68 kcal

BEVERAGE

DRINK

Ingredients

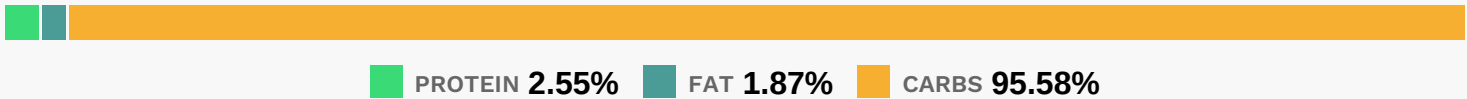
- ☐ 1 small bunch basil fresh
- ☐ 8 servings sugar to taste (if desired)
- ☐ 8 ginger tea bags
- ☐ 8 cups water boiling
- ☐ 0.1 medium watermelon cut into small triangles

Equipment

Directions

- ☐ Pour the water into a heat-resistant pitcher.
- ☐ Add the tea bags and let steep for 10 minutes.
- ☐ Remove and discard the bags and allow the tea to cool to room temperature before refrigerating.
- ☐ Add the watermelon, basil, and sugar (if using), and pour over ice.

Nutrition Facts



Properties

Glycemic Index:26.84, Glycemic Load:12.14, Inflammation Score:-4, Nutrition Score:1.9065217414628%

Flavonoids

Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg

Nutrients (% of daily need)

Calories: 67.52kcal (3.38%), Fat: 0.15g (0.23%), Saturated Fat: 0.01g (0.07%), Carbohydrates: 17.29g (5.76%), Net Carbohydrates: 16.99g (6.18%), Sugar: 16.34g (18.15%), Cholesterol: 0mg (0%), Sodium: 12.69mg (0.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.46g (0.92%), Vitamin A: 452.83IU (9.06%), Vitamin C: 5.88mg (7.12%), Vitamin K: 4.22µg (4.02%), Copper: 0.07mg (3.6%), Magnesium: 10.04mg (2.51%), Potassium: 81.94mg (2.34%), Manganese: 0.04mg (1.93%), Vitamin B6: 0.03mg (1.66%), Vitamin B1: 0.02mg (1.57%), Vitamin B5: 0.16mg (1.57%), Calcium: 13.91mg (1.39%), Fiber: 0.3g (1.19%), Iron: 0.21mg (1.15%), Vitamin B2: 0.02mg (1.05%)