

# Mint-Ginger Iced Tea

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## Yield: 8 cups

6 ounces fresh ginger, peeled and  
smashed with a meat mallet

4 bags mint tea

8 cups boiling water

2 tablespoons honey

mint sprigs (for garnish)

In a large pot, combine the ginger, mint tea and water. Let steep for 8 minutes. Pour through a fine-mesh sieve into a large container. Discard the solids.

Stir in the honey.

Let cool to room temperature, about two hours.

Serve over ice.

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Per Serving (excluding unknown items): 246 Calories; 1g Fat (4.1% calories from fat); 3g Protein; 61g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 81mg Sodium. Exchanges: 5 Vegetable; 2 1/2 Other Carbohydrates.

Beverage

## Per Serving Nutritional Analysis

Calories (kcal):	246
% Calories from Fat:	4.1%
% Calories from Carbohydrates:	91.3%
% Calories from Protein:	4.6%
Total Fat (g):	1g
Saturated Fat (g):	trace
Monounsaturated Fat (g):	trace
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	0mg
Carbohydrate (g):	61g
Dietary Fiber (g):	3g
Protein (g):	3g
Sodium (mg):	81mg
Potassium (mg):	728mg

Vitamin B6 (mg):	.2mg
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	0mg
Riboflavin B2 (mg):	trace
Folacin (mcg):	20mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	n n%

## Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	5
Fruit:	0

**Calcium (mg):** 71mg  
**Iron (mg):** 1mg  
**Zinc (mg):** 1mg  
**Vitamin C (mg):** 9mg  
**Vitamin A (i.u.):** 0IU  
**Vitamin A (r.e.):** 0RE

**Non-Fat Milk:** 0  
**Fat:** 0  
**Other Carbohydrates:** 2 1/2

## Nutrition Facts

### Amount Per Serving

**Calories** 246 Calories from Fat: 10

### % Daily Values\*

<b>Total Fat</b>	1g		2%
	Saturated Fat	trace	1%
<b>Cholesterol</b>	0mg		0%
<b>Sodium</b>	81mg		3%
<b>Total Carbohydrates</b>	61g		20%
	Dietary Fiber	3g	14%
<b>Protein</b>	3g		
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<b>Vitamin A</b>			0%
<b>Vitamin C</b>			15%
<b>Calcium</b>			7%
<b>Iron</b>			7%

*\* Percent Daily Values are based on a 2000 calorie diet.*