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Mango Diet Green Iced Tea ♦♦

A refreshing and healthy iced tea made with green tea and fresh mangoes. Perfect for hot summer days.

Recipe Type: Vegan

Prep Time: 10 mins

Cook Time: 5 mins

Total Time: 15 mins

Recipe Yield: 1000 grams

Number of Servings: 4

Serving Size: 250 g

Ingredients

4 bags	green tea bags
4 c	Water
2 c	Mangoes
2 tbsp	Lemon juice
2 tbsp	honey
2 c	ice cubes

Directions

Step 1

Boiling

Bring water to a boil in a saucepan.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Steeping

Add green tea bags to the boiling water and let steep for 5 minutes.

Prep Time: 0 mins

Cook Time: 5 mins

Step 3

Cooling

Remove the tea bags and let the tea cool to room temperature.

Prep Time: 0 mins

Cook Time: 0 mins

Step 4

Cutting

Meanwhile, peel and chop the mangoes.

Prep Time: 5 mins

Cook Time: 0 mins

Step 5

Blending

In a blender, puree the mangoes with lemon juice until smooth.

Prep Time: 0 mins

Cook Time: 0 mins

Step 6

Straining

Strain the mango puree to remove any fibers.

Prep Time: 0 mins

Cook Time: 0 mins

Step 7

Mixing

In a pitcher, combine the cooled green tea, mango puree, honey, and ice cubes.

Prep Time: 0 mins

Cook Time: 0 mins

Step 8

Stirring

Stir well to combine all the ingredients.

Prep Time: 0 mins

Cook Time: 0 mins

Step 9

Serving

Serve the Mango Diet Green Iced Tea chilled over ice cubes.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 50 kcal

Fat: 0 g

Protein: 0 g

Carbohydrates: 13 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	0 g	0%	0%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	13 g	23.64%	26%
Fibers	1 g	2.63%	4%
Sugars	12 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	0 g	N/A	N/A
Saturated Fat	0 g	0%	0%
Fat	0 g	0%	0%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	100 iu	11.11%	14.29%
Vitamin C	100 mg	111.11%	133.33%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	0 mg	0%	0%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	0 mg	0%	0%
Calcium	0 mg	0%	0%
Iron	0 mg	0%	0%
Potassium	0 mg	0%	0%
Zinc	0 mg	0%	0%
Selenium	0 mcg	0%	0%

Recipe Attributes

Seasonality

Summer

Fall

Events

Christmas Thanksgiving Birthday Wedding Halloween Valentine's Day
Mother's Day Father's Day New Year Anniversary Baby Shower
Bridal Shower Graduation Back to School Barbecue Picnic Game Day

Cuisines

Italian

Course

Drinks Salads Sauces & Dressings

Cultural

Chinese New Year

Demographics

Lactation Friendly Diabetic Friendly Heart Healthy

Diet

Mediterranean Diet DASH Diet (Dietary Approaches to Stop Hypertension)
South Beach Diet Vegetarian Diet Vegan Diet The Cabbage Soup Diet
The Mayo Clinic Diet The Beverly Hills Diet The Hollywood Diet
The Grapefruit Diet The Rice Diet The F-Plan Diet The Israeli Army Diet
The Air Diet The Breatharian Diet The Master Cleanse Diet
The Shangri-La Diet The 3-Day Diet The Bulletproof Diet The Carnivore Diet
The GOLO Diet The Anti-Candida Diet The Dr. Sebi Diet
The Crohn's Disease Diet The PCOS (Polycystic Ovary Syndrome) Diet
The Histamine Intolerance Diet The IBS (Irritable Bowel Syndrome) Diet
The Low Oxalate Diet The Diabetes Diet The Fibromyalgia Diet
The Osteoporosis Diet The Heart-Healthy Diet
The Non-Alcoholic Fatty Liver Disease (NAFLD) Diet The Low-Fat Diet
The Low-Potassium Diet The Low-Phosphorus Diet The High-Vitamin C Diet

The High-Vitamin K Diet The Low-Vitamin K Diet The Low-Copper Diet
The Spring Detox Diet The Winter Warming Diet The Low-Sulfur Diet
The High-Sulfur Diet The Psoriasis Diet The Migraine Diet The Gallbladder Diet
The Kidney Stone Diet The Adrenal Fatigue Diet The Lyme Disease Diet
The Interstitial Cystitis Diet The Gastroparesis Diet The Menopause Diet
The Chronic Urticaria Diet The Lactose-Free Diet

The Mast Cell Activation Syndrome (MCAS) Diet
The Irritable Larynx Syndrome (ILS) Diet The Chronic Pancreatitis Diet
The Sarcoidosis Diet The Leaky Gut Syndrome Diet The Addison's Disease Diet
The Cushing's Syndrome Diet The Ankylosing Spondylitis Diet The Lupus Diet

The Myasthenia Gravis Diet

The POTS (Postural Orthostatic Tachycardia Syndrome) Diet

The Eosinophilic Esophagitis (EoE) Diet

The Chronic Obstructive Pulmonary Disease (COPD) Diet The Asthma Diet

The Sinusitis Diet The Bronchiectasis Diet The Insomnia Diet

The Seasonal Affective Disorder (SAD) Diet

The ADHD Diet (Attention Deficit Hyperactivity Disorder) The Autism Diet

The Bipolar Disorder Diet The Schizophrenia Diet

The Post-Traumatic Stress Disorder (PTSD) Diet Blood Type O Diet

Blood Type A Diet Blood Type B Diet Blood Type AB Diet

Cooking Method

Frying Baking Boiling Steaming Microwaving Blanching Sautéing
Roasting Smoking Curing Blending Grinding Freezing Canning
Drying Pickling Sous Vide Pasteurizing Fermenting Infusing Pressing
Jellying Carbonating Whipping Stirring Simmering Cutting Cut
Mixing Resting Plating Serving Cooking None Stir-frying Mashing
Preheating Sprinkling Heating Refrigerating Preparation Cooling

Oven

Stove

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Medium

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