



Healthdor

[All Recipes](#)

[AI Recipe Builder](#)

[Similar Recipes](#)

## Hot Brewed Tea

Hot brewed tea is a classic beverage enjoyed around the world. It has a long history and is consumed in various ways, such as with or without milk, sweetened or unsweetened.

This recipe provides a basic method for preparing hot brewed tea.

**Recipe Type:** Standard

**Prep Time:** 5 mins

**Cook Time:** 5 mins

**Total Time:** 10 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 2

**Serving Size:** 250 g

### Ingredients

2 c Water

2 tsp Tea Leaves

### Directions

## Step 1

Boiling

Boil water in a kettle or pot.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

---

## Step 2

Place tea leaves in a teapot or infuser.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

---

## Step 3

Pour the boiled water over the tea leaves.

**Prep Time:** 0 mins

**Cook Time:** 3 mins

---

## Step 4

Let the tea steep for 3-5 minutes.

**Prep Time:** 0 mins

**Cook Time:** 3 mins

---

## Step 5

Strain the tea into cups and serve hot.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 2 kcal

**Fat:** 0 g

**Protein:** 0 g

**Carbohydrates:** 0 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	0 g	0%	0%
Fibers	0 g	0%	0%
Sugars	0 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	0 iu	0%	0%
Vitamin C	0 mg	0%	0%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	0 mg	0%	0%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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

### Cuisines

Vietnamese

### Course

Drinks Breads Salads Soups Snacks Sauces & Dressings

## Cultural

Chinese New Year

Cinco de Mayo

Diwali

Hanukkah

Oktoberfest

Passover

Ramadan

St. Patrick's Day

Thanksgiving

Christmas

## Meal Type

Lunch

Dinner

Snack

## Difficulty Level

Easy

Visit our website: [healthdor.com](https://healthdor.com)