



Healthdor

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## Chamomile Tea ♦♦

Chamomile tea is a popular herbal tea made from the dried flowers of the chamomile plant. It has a mild, floral flavor and is often consumed for its calming properties. Chamomile tea can be enjoyed hot or cold and is commonly used as a natural remedy for sleeplessness and anxiety.

**Recipe Type:** Vegan

**Prep Time:** 5 mins

**Cook Time:** 10 mins

**Total Time:** 15 mins

**Recipe Yield:** 100 grams

**Number of Servings:** 1

**Serving Size:** 250 g

### Ingredients

2 g	chamomile flowers
1 c	water

### Directions

## Step 1

Boiling

Boil water in a kettle.

**Prep Time:** 0 mins

**Cook Time:** 5 mins

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## Step 2

Place chamomile flowers in a teapot or mug.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Step 3

Pouring

Pour the hot water over the chamomile flowers.

**Prep Time:** 0 mins

**Cook Time:** 5 mins

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## Step 4

Let the tea steep for 5 minutes.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 5

### Straining

Strain the tea into a cup.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Step 6

### Serving

Serve hot or refrigerate for iced tea.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 0 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%
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

Easter

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

Chinese

Indian

Mexican

French

Thai

Japanese

Mediterranean

Greek

Spanish

German

Korean

Vietnamese

American

Middle Eastern

## Nutritional Content

Low Calorie

High Protein

## Meal Type

Breakfast

Snack

## Difficulty Level

Easy

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