

bigelow green tea with pomegranate nutrition facts

bigelow green tea with pomegranate nutrition facts provide valuable insight into the health benefits and dietary contributions of this popular flavored tea. Combining green tea with the antioxidant-rich pomegranate, Bigelow offers a beverage that is both flavorful and nutritious. Understanding its nutritional profile helps consumers make informed choices about incorporating this tea into their daily routine. This article explores the comprehensive nutrition facts of Bigelow green tea with pomegranate, detailing its calorie content, antioxidants, vitamins, and minerals. Additionally, it examines the potential health benefits associated with its ingredients and how it compares to other teas. The following sections provide a structured overview of these essential topics to offer a thorough understanding of this tea's nutritional value.

- Overview of Bigelow Green Tea with Pomegranate
- Caloric and Macronutrient Content
- Antioxidants and Phytochemicals
- Vitamin and Mineral Profile
- Health Benefits Linked to Nutrition
- Comparison with Other Flavored Green Teas

Overview of Bigelow Green Tea with Pomegranate

Bigelow green tea with pomegranate is a blend that combines the traditional benefits of green tea leaves with the distinctive taste and nutrients of pomegranate. The product is marketed as a flavorful and healthy beverage option, offering a caffeine boost with added antioxidants. This tea is naturally caffeine-containing, derived from green tea, and is enhanced with pomegranate flavor, which contributes additional vitamins and beneficial plant compounds. Its formulation aims to deliver both taste and nutritional benefits without added sugars or artificial ingredients.

Caloric and Macronutrient Content

An essential aspect of **bigelow green tea with pomegranate nutrition facts** is its caloric and macronutrient profile. Typically, this tea contains minimal calories, making it an excellent choice for calorie-conscious consumers. Since it is usually consumed without added sweeteners or milk, its carbohydrate, fat, and protein content remain negligible.

Calories per Serving

One cup (approximately 8 ounces) of brewed Bigelow green tea with pomegranate contains virtually zero calories. This minimal calorie content is characteristic of most plain brewed teas, including flavored varieties that do not contain added sugars or creamers.

Macronutrients

The tea contains negligible amounts of macronutrients:

- **Carbohydrates:** Less than 1 gram, primarily from trace amounts of soluble plant compounds.
- **Fat:** 0 grams, as tea leaves and pomegranate flavorings do not contribute fat.
- **Protein:** Less than 1 gram, originating from natural tea leaf components.

This composition makes Bigelow green tea with pomegranate an ideal hydrating beverage without affecting macronutrient intake significantly.

Antioxidants and Phytochemicals

One of the primary nutritional highlights of Bigelow green tea with pomegranate is its rich antioxidant content. Both green tea and pomegranate are known for their high levels of polyphenols, which contribute to their health-promoting properties.

Green Tea Catechins

Green tea is abundant in catechins, a type of flavonoid antioxidant. The most notable catechin is epigallocatechin gallate (EGCG), which is linked to various health benefits, including cellular protection and anti-inflammatory effects. The brewing process preserves these catechins, making each cup a potent source of antioxidants.

Pomegranate Polyphenols

Pomegranate adds additional polyphenols such as punicalagins and anthocyanins. These compounds are known for their strong antioxidant capacity, helping to neutralize free radicals and potentially reduce oxidative stress in the body.

- Supports cardiovascular health
- May reduce inflammation
- Contributes to skin health

- Provides anti-aging benefits

Therefore, the combination of green tea catechins and pomegranate polyphenols makes this tea a powerful antioxidant blend with synergistic effects.

Vitamin and Mineral Profile

While brewed teas generally do not provide significant amounts of vitamins and minerals, the inclusion of pomegranate flavoring can enhance the micronutrient content slightly. However, it is important to note that the primary source of these nutrients in Bigelow green tea with pomegranate comes from trace amounts present in the tea leaves and natural flavor extracts.

Vitamins

The tea may contain small amounts of vitamin C and certain B vitamins, which are commonly found in tea leaves and pomegranate. Despite these trace quantities, it should not be relied upon as a significant source of vitamins.

Minerals

Trace minerals such as potassium, magnesium, and manganese may be present, contributed mainly by the green tea leaves. These minerals support various bodily functions, including enzymatic activity and electrolyte balance, albeit in minimal amounts from a single serving.

Health Benefits Linked to Nutrition

The nutritional components found in Bigelow green tea with pomegranate contribute to several health benefits, making it a functional beverage beyond simple hydration.

Antioxidant Support

The combined antioxidants from green tea and pomegranate help combat oxidative stress, which is linked to aging and chronic diseases. Regular consumption may support cellular health and reduce the risk of conditions related to oxidative damage.

Heart Health

Studies suggest that both green tea catechins and pomegranate polyphenols may improve cardiovascular health by lowering LDL cholesterol, reducing blood pressure, and improving blood vessel function. Drinking this tea can be part of a heart-healthy dietary pattern.

Weight Management

Green tea has been associated with increased metabolism and fat oxidation. While Bigelow green tea with pomegranate is not a weight loss product, its low-calorie content and metabolism-supporting catechins may aid in weight management efforts.

Immune Support

The vitamin C and antioxidants from pomegranate contribute to immune system support, enhancing the body's ability to fight infections and maintain overall health.

Comparison with Other Flavored Green Teas

When comparing Bigelow green tea with pomegranate nutrition facts to other flavored green teas, several distinctions emerge related to antioxidant content, flavor profile, and nutritional benefits.

Antioxidant Density

Bigelow's blend is notable for combining two potent sources of antioxidants, whereas some flavored green teas may use artificial flavors or less nutrient-dense ingredients. This results in a higher overall antioxidant capacity in the pomegranate-infused variety.

Caloric and Sugar Content

Many flavored teas contain added sugars or sweeteners, increasing calorie counts. Bigelow green tea with pomegranate is typically free of added sugars, maintaining a zero-calorie profile, which is advantageous for health-conscious consumers.

Flavor and Nutrient Synergy

The natural pomegranate flavor adds not only taste but also a unique nutrient synergy with green tea polyphenols. Other flavored teas may lack this combination, offering flavor with fewer nutritional benefits.

- Higher antioxidant content compared to artificially flavored teas
- Zero added sugars, unlike many commercial blends
- Natural flavoring enhances both taste and health benefits

Thus, Bigelow green tea with pomegranate stands out as a nutritious and flavorful option among flavored green teas on the market.

Frequently Asked Questions

What are the main nutritional components of Bigelow Green Tea with Pomegranate?

Bigelow Green Tea with Pomegranate is low in calories and contains antioxidants from green tea and pomegranate, with minimal amounts of carbohydrates, sugars, and no fat or protein.

Does Bigelow Green Tea with Pomegranate contain caffeine?

Yes, Bigelow Green Tea with Pomegranate contains a moderate amount of caffeine, typically around 20-30 mg per 8 oz serving, which is less than coffee but enough to provide a mild energy boost.

Is Bigelow Green Tea with Pomegranate calorie-free?

Bigelow Green Tea with Pomegranate is essentially calorie-free when brewed without adding sugar or sweeteners, making it a healthy beverage choice for weight management.

Are there any added sugars in Bigelow Green Tea with Pomegranate?

No, Bigelow Green Tea with Pomegranate does not contain added sugars; it relies on natural flavors from pomegranate to enhance taste without increasing sugar content.

What antioxidants are present in Bigelow Green Tea with Pomegranate?

Bigelow Green Tea with Pomegranate contains antioxidants such as catechins from green tea and polyphenols from pomegranate, which help combat oxidative stress and support overall health.

Can drinking Bigelow Green Tea with Pomegranate support hydration?

Yes, like other teas, Bigelow Green Tea with Pomegranate contributes to daily hydration while providing antioxidants and a mild caffeine content that does not cause dehydration.

Is Bigelow Green Tea with Pomegranate suitable for a low-carb diet?

Yes, Bigelow Green Tea with Pomegranate is suitable for a low-carb diet since it contains negligible carbohydrates and no sugars, making it a great flavorful alternative to sugary beverages.

Additional Resources

1. *Bigelow Green Tea with Pomegranate: A Nutritional Powerhouse*

This book delves into the unique blend of Bigelow green tea infused with pomegranate, highlighting the combined health benefits of both ingredients. Readers will explore detailed nutrition facts, antioxidant properties, and how this tea can enhance overall wellness. It also includes tips on incorporating this flavorful tea into daily routines for maximum health impact.

2. *The Science Behind Bigelow Green Tea and Pomegranate*

Focusing on the scientific research surrounding green tea and pomegranate, this book breaks down the nutrition facts and bioactive compounds found in Bigelow's blend. It explains how these components work synergistically to promote heart health, improve metabolism, and support immune function. The book is perfect for health enthusiasts seeking evidence-based insights.

3. *Healthy Living with Bigelow Green Tea and Pomegranate*

This guide offers practical advice on how to use Bigelow green tea with pomegranate as part of a balanced diet. It covers the nutritional content, such as vitamins, minerals, and antioxidants, and suggests recipes and lifestyle changes to complement the tea's benefits. Readers will find motivational stories and expert tips for maintaining a healthy lifestyle.

4. *Antioxidants in Bigelow Green Tea with Pomegranate: Nutrition Facts and Benefits*

Explore the rich antioxidant profile of Bigelow green tea with pomegranate in this comprehensive book. It explains how antioxidants combat free radicals and reduce oxidative stress, contributing to disease prevention. Detailed nutrition facts and comparisons with other teas and fruits are included for a deeper understanding.

5. *Bigelow Green Tea with Pomegranate: Flavor and Nutrition Combined*

This book celebrates the delicious taste and health benefits of Bigelow's green tea with pomegranate blend. It discusses the nutritional composition, including calorie count, polyphenols, and vitamins, while also appreciating the sensory experience of drinking this tea. A great read for those who want to enjoy health without sacrificing flavor.

6. *The Role of Bigelow Green Tea with Pomegranate in Weight Management*

Focusing on weight management, this book examines how the nutritional elements of Bigelow green tea with pomegranate can aid metabolism and fat oxidation. It includes nutrition facts related to caffeine content, antioxidants, and natural sugars, providing a balanced view of the tea's effects. Practical advice on integrating the tea into weight loss plans is also featured.

7. *Bigelow Green Tea with Pomegranate: A Nutritional Guide for Athletes*

Designed for athletes and fitness enthusiasts, this book highlights the nutrition facts that make Bigelow green tea with pomegranate an excellent hydration and recovery drink. It discusses antioxidants, electrolytes, and natural compounds that support endurance and muscle recovery. The book also offers guidance on timing and consumption for optimal performance.

8. *Exploring the Nutritional Benefits of Bigelow Green Tea with Pomegranate for Heart Health*

This book focuses on cardiovascular benefits attributed to the nutrients found in Bigelow green tea with pomegranate. It provides detailed nutrition facts on flavonoids, potassium, and polyphenols that help reduce blood

pressure and improve cholesterol levels. Readers will find actionable tips to incorporate the tea into a heart-healthy diet.

9. *Bigelow Green Tea with Pomegranate: An Antioxidant-Rich Beverage for Cognitive Health*

Examining the cognitive benefits of Bigelow green tea with pomegranate, this book discusses nutrition facts related to brain health, such as antioxidants and anti-inflammatory compounds. It explores how regular consumption may enhance memory, focus, and overall mental clarity. The book combines scientific findings with practical advice for mental wellness.

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bigelow green tea with pomegranate nutrition facts: *The Effects of Green Tea and Pomegranate Polyphenols on in Vitro and in Vivo VEGF Activity* Rebecca Edwards, 2016

bigelow green tea with pomegranate nutrition facts: Sensory Profile Variation of Pomegranate Seeds and Pomegranate Juice Federica A. Higa, 2016 Pomegranate fruits have grown in popularity due to their known beneficial health properties. The objectives of this study were to: 1) determine if flavor differences existed among and within fruits, 2) understand appropriate numbers of replications needed for products that are naturally variable, and 3) compare individual and consensus scores for descriptive sensory analysis over 10 replications of the same product to determine whether differences are found between the methods. Three different sections of the pomegranate fruit were individually evaluated (top, middle and bottom) to determine if flavor differences existed among the fruit sections. Furthermore, the number of repetitions needed in order to obtain small differences in a descriptive panel was calculated. Results showed that pomegranate fruits have natural variation of flavor in the different sections, as well as differences among fruits of the same cultivar. The number of repetitions increased as the differences that wanted to be detected became smaller, and they decreased, as these differences increased. After each sections of fruit were individually evaluated, the panel discussed results and set consensus scores for each attribute. Analysis on mean individual scores and consensus data, along with Principal Component Analysis (PCA) showed that both, individual and consensus methods, provided the same reliable and reproducible information. However, this was evaluated using highly trained panelists. Besides pomegranate juice (PJ), green tea (GT) is one of the most consumed beverages in the world, and has the highest polyphenol content of all teas. Six PJ and GT blends were prepared at different ratios: 90-10, 80-20, 70-30, 60-40, 50-50, 40-60 vol/vol. Lipton GT and Wonderful pomegranates were used to prepare the samples. The objectives of this study were to: 1) determine sensory differences in the samples, 2) consumer acceptance before and after antioxidant information of the samples was provided, and 3) determine their total phenolic content (TPC). Results showed that samples with lower PJ were higher in attributes intensities for Green, and Tea like flavor, while attributes like Berry, Cranberry, Cherry and Sweetness were lower. Consumers liked samples higher in PJ, and sample 40-60 was the least liked. However, overall liking of all samples increased when antioxidant information was given. TPC results showed that pure PJ had the highest content, and as it was mixed with GT, TPC was the sum of the individual percentages of each component. Addition of claims in

beverage labels might be a good strategy for consumers to purchase these type of products high in antioxidant content.

bigelow green tea with pomegranate nutrition facts: *Nutritional Fact On Green Tea Diet* Thomas Reuther Ph D, 2021-08-02 Green tea is made from the *Camellia sinensis* plant. The dried leaves and leaf buds of *Camellia sinensis* are used to produce various types of teas. Green tea is prepared by steaming and pan-frying these leaves and then drying them. Other teas such as black tea and oolong tea involve processes in which the leaves are fermented (black tea) or partially fermented (oolong tea). People commonly drink green tea as a beverage. As a prescription, green tea is used for genital warts. As a drink or supplement, it is sometimes used for high levels of cholesterol or other fats (lipids) in the blood (hyperlipidemia) and high blood pressure, to prevent heart disease, and to prevent cancer of the lining of the uterus (endometrial cancer) and ovarian cancer. It is also used for many other conditions, but there is no good scientific evidence to support these other uses. The useful parts of green tea are the leaf bud, leaf, and stem. Green tea is not fermented and is produced by steaming fresh leaves at high temperatures. During this process, it is able to maintain important molecules called polyphenols, which seem to be responsible for many of the benefits of green tea. Polyphenols might be able to prevent inflammation and swelling, protect cartilage between the bones, and lessen joint degeneration. They also seem to be able to fight human papilloma virus (HPV) infections and reduce the growth of abnormal cells in the cervix (cervical dysplasia). Research cannot yet explain how this works. Green tea contains 2% to 4% caffeine, which affects thinking and alertness, increases urine output, and may improve the function of brain messengers important in Parkinson's disease. Caffeine is thought to stimulate the nervous system, heart, and muscles by increasing the release of certain chemicals in the brain called neurotransmitters. Antioxidants and other substances in green tea might help protect the heart and blood vessels. Green tea is made from the *Camellia sinensis* plant. The dried leaves and leaf buds of *Camellia sinensis* are used to produce various types of teas. Green tea is prepared by steaming and pan-frying these leaves and then drying them. Other teas such as black tea and oolong tea involve processes in which the leaves are fermented (black tea) or partially fermented (oolong tea). People commonly drink green tea as a beverage.

bigelow green tea with pomegranate nutrition facts: Soybean, Green Tea ,Pomegranate and Cancer Tratment Mohammad Sharrif Moghaddasi, 2012-03 The soybean has been used as a food source for more than 5,000 years. Plant estrogens (phytoestrogens) were first identified in the early 1930s. At that time it was discovered that soybeans, and pomegranates contained compounds that were much like estrogens. Scientists began studying the role isoflavones play in reducing breast cancer risk in the 1960s. In a 1981 prospective study in Japan, researchers found that daily intake of miso, a soybean paste, was linked to lower death rates from stomach cancer in more than 260,000 men and women. Among their many biological activities, the predominant polyphenols in green tea and the theaflavins and thearubigins in black teas have antioxidant activity. Tea Polyphenols have also been shown to inhibit tumor cell proliferation and induce apoptosis in laboratory and animal studies. In other laboratory and animal studies, tea catechins have been shown to inhibit angiogenesis and tumor cell inventiveness

bigelow green tea with pomegranate nutrition facts: *Health Benefits of Green Tea* Yukihiro Hara, Chung S. Yang, Mamoru Isemura, Tomita Isao, 2017 This book provides evidence to support the health-promoting components of green tea for human health. Consisting of 27 chapters, it explores the significance of green tea and its catechins represented by epigallocatechin gallate, demonstrating their beneficial effects on diseases including cancer, obesity, metabolic syndrome, cardiovascular diseases, cerebrovascular disorders, atherosclerosis, diabetes, bacterial and viral diseases, hepatitis, dementia, and neurodegenerative diseases. The present status of human studies and avenues for future research are discussed. It is written by a team of experts from across the globe and makes significant Japanese findings available to international researchers. It is an essential resource for researchers interested in the biochemistry and pharmacology of green tea, and functional foods and beverages.

bigelow green tea with pomegranate nutrition facts: Handbook of Green Tea and Health Research Helen McKinley, Mark Jamieson, 2009

bigelow green tea with pomegranate nutrition facts: *Pomegranate is a Fruit from Heaven* RADWAN. ABU BAKR AHMED, 2023-04-24 A study on the benefits of pomegranate and its health properties Laboratory studies have shown that many components of pomegranate have the ability to reduce the spread of cancer cells. In this book, we will learn about the most important health benefits of pomegranate The pomegranate was, until recently, very unfair in our shopping cart. However, recent years have witnessed a significant increase in per capita consumption of pomegranates. Why? Because all this development would not have happened except thanks to the scientific publications that revealed that the presence of the crown on the head of the pomegranate appeared to have merit and merit, and not by chance. Fruits are very important food in our diet. The fact is that we must increase our consumption of fruits, as they - in addition to vegetables - are our first and most important source of dietary fiber and phytochemicals (phytochemicals - plant chemicals that play a role in plants, such as pigments or colors, and have a significant contribution to human health) . If we adhere to the minimum recommendations that indicate that we should consume at least 5 servings of fruits and vegetables per day (noting that an increase in this area leads to what is better and does not harm), then our health will improve and our chances and risks of disease will decrease. Fruits have many important health properties, many of which we are not aware of. Pomegranate is one of these fruits, and it has recently received a lot of scientific support, as it has been shown to be rich in chemical compounds (such as phytochemicals of the type polyphenols). Laboratory studies have shown that many components of pomegranate have the ability to reduce the spread of cancer cells. In a clinical research, during which a number of adults drank pomegranate juice and apple juice for 4 weeks, it was found that the group that drank pomegranate juice showed a significant improvement in antioxidant resistance. Also, the group of heart patients showed a significant improvement after drinking pomegranate juice for a period of 3 weeks, compared to the control group. As for the athletes, taking nutritional supplements containing pomegranate extracts improved their ability to recover in the post-workout phase, and to build up the necessary strength during the days following the training itself. Pomegranate is richer in antioxidants than green tea, and is refreshing and delicious when added to salads, eaten on its own, or even added as juice to sauces.

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