



Apple and Mint Punch



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



59 min.

SERVINGS



5

CALORIES



120 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1.5 cups apple juice (100 percent) (recommended: Martinelli's)
- ☐ 1 cup mint leaves fresh packed
- ☐ 4 tea bags green
- ☐ 5 servings ice cubes
- ☐ 0.3 cup juice of lemon fresh (from 1 large lemon)
- ☐ 1 cup seltzer water chilled
- ☐ 0.5 cup sugar
- ☐ 1 cup water

☐ 2 cups water

Equipment

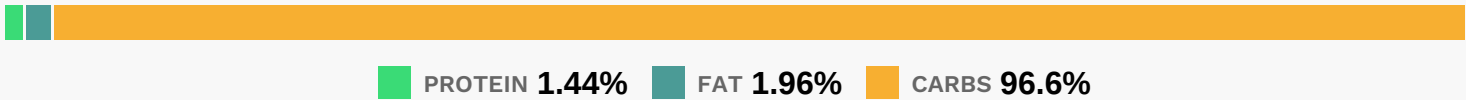
☐ frying pan

☐ sauce pan

Directions

- ☐ Watch how to make this recipe.
- ☐ Garnish: fresh mint sprigs, optional
- ☐ In a small saucepan, bring the water to a boil over medium-high heat. Turn off the heat, add the tea bags and let steep for 6 minutes.
- ☐ Remove the tea bags and cool the tea to room temperature, about 45 minutes.
- ☐ Pour the cooled tea into a large pitcher.
- ☐ Add the apple juice, Mint Simple Syrup and lemon juice. Refrigerate until ready to serve.
- ☐ To serve, add the sparkling water and pour the punch into ice-filled glasses.
- ☐ Garnish with fresh mint sprigs, if desired.
- ☐ Add the water and sugar to a small saucepan, and bring to a boil over medium heat, stirring occasionally, until the sugar has dissolved, about 3 minutes.
- ☐ Remove the pan from the heat and add the mint leaves. Allow the syrup to cool, about 20 minutes. Strain before using.

Nutrition Facts



Properties

Glycemic Index:22.17, Glycemic Load:17.33, Inflammation Score:-4, Nutrition Score:2.6769565363293%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Catechin: 0.93mg, Catechin: 0.93mg, Catechin: 0.93mg, Catechin: 0.93mg Epicatechin: 3.5mg, Epicatechin: 3.5mg, Epicatechin: 3.5mg, Epicatechin: 3.5mg Eriodictyol: 3.38mg, Eriodictyol: 3.38mg, Eriodictyol: 3.38mg, Eriodictyol: 3.38mg Hesperetin: 2.68mg, Hesperetin: 2.68mg, Hesperetin: 2.68mg, Hesperetin: 2.68mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg

0.17mg, Naringenin: 0.17mg Apigenin: 0.49mg, Apigenin: 0.49mg, Apigenin: 0.49mg, Apigenin: 0.49mg Luteolin: 1.14mg, Luteolin: 1.14mg, Luteolin: 1.14mg, Luteolin: 1.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg

Nutrients (% of daily need)

Calories: 120.21kcal (6.01%), Fat: 0.27g (0.42%), Saturated Fat: 0.04g (0.27%), Carbohydrates: 30.51g (10.17%), Net Carbohydrates: 29.6g (10.76%), Sugar: 27.42g (30.47%), Cholesterol: 0mg (0%), Sodium: 25.92mg (1.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.45g (0.91%), Vitamin C: 8.25mg (10%), Manganese: 0.16mg (8.18%), Vitamin A: 383.8IU (7.68%), Potassium: 140.27mg (4.01%), Copper: 0.08mg (3.82%), Calcium: 37.06mg (3.71%), Fiber: 0.91g (3.62%), Magnesium: 14.1mg (3.53%), Folate: 12.7µg (3.17%), Iron: 0.57mg (3.17%), Vitamin B2: 0.04mg (2.48%), Vitamin B1: 0.03mg (1.73%), Vitamin B6: 0.03mg (1.53%), Phosphorus: 12.75mg (1.28%), Zinc: 0.19mg (1.27%), Vitamin B3: 0.22mg (1.09%)