

Berry Iced Tea

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



80 min.

SERVINGS



4

CALORIES



174 kcal

BEVERAGE

DRINK

Ingredients

- 0.5 lime cut into wedges
- 0.5 cranberry-orange relish cut into wedges
- 8 raspberries frozen
- 0.5 cup simple syrup glaze to taste
- 0.3 cups sugar
- 4 berry-hibiscus herbal tea bags red (recommended: Celestial Seasonings Zinger)
- 0.3 teaspoon vanilla extract
- 0.5 cup water

4 cups water

Equipment

bowl

sauce pan

microwave

Directions

Put tea bags in a heatproof pitcher.

In a saucepan bring water just to a boil and pour over tea bags. Steep tea 5 minutes and remove tea bags. Cool tea and chill, covered, until cold, about 1 hour.

Stir in simple syrup, to taste. Squeeze orange and lime wedges into tea and add wedges.

Serve tea in tall glasses.

Garnish with frozen raspberries.

Add sugar and water to a microwave safe bowl. Microwave for 1 minute; stir until sugar is completely dissolved.

Let syrup cool.

Nutrition Facts

PROTEIN 0.55% **FAT 0.49%** **CARBS 98.96%**

Properties

Glycemic Index:42.65, Glycemic Load:9.64, Inflammation Score:-1, Nutrition Score:2.3626086776671%

Flavonoids

Cyanidin: 1.83mg, Cyanidin: 1.83mg, Cyanidin: 1.83mg, Cyanidin: 1.83mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.05mg, Delphinidin: 0.05mg, Delphinidin: 0.05mg, Delphinidin: 0.05mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Hesperetin: 8.06mg, Hesperetin: 8.06mg, Hesperetin: 8.06mg, Hesperetin: 8.06mg

8.06mg Naringenin: 2.79mg, Naringenin: 2.79mg, Naringenin: 2.79mg, Naringenin: 2.79mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 174.45kcal (8.72%), Fat: 0.1g (0.16%), Saturated Fat: 0.01g (0.03%), Carbohydrates: 46.58g (15.53%), Net Carbohydrates: 45.69g (16.62%), Sugar: 45.19g (50.21%), Cholesterol: 0mg (0%), Sodium: 38.1mg (1.66%), Alcohol: 0.09g (100%), Alcohol %: 0.03% (100%), Protein: 0.26g (0.52%), Vitamin C: 12.2mg (14.78%), Iron: 1.62mg (8.98%), Vitamin B1: 0.07mg (4.86%), Fiber: 0.89g (3.55%), Copper: 0.07mg (3.42%), Magnesium: 9.92mg (2.48%), Calcium: 23.93mg (2.39%), Vitamin B2: 0.04mg (2.21%), Potassium: 71.38mg (2.04%), Manganese: 0.03mg (1.63%), Folate: 6.42µg (1.61%)