



Berry-Lemonade Tea



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



98 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 12 ounce poached berries mixed frozen
- ☐ 0.3 cup honey
- ☐ 5 cups natural lemonade refrigerated
- ☐ 2 lemons cut into 6 slices
- ☐ 12 regular-sized tea bags
- ☐ 8 cups water

Equipment

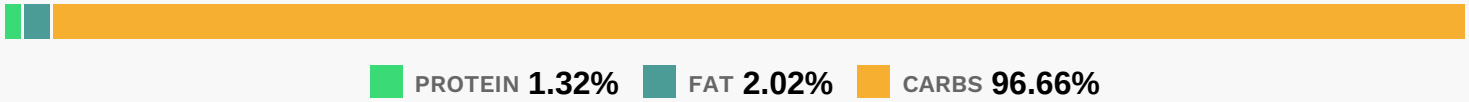
- ☐ bowl

- ☐ sieve
- ☐ slow cooker

Directions

- ☐ Remove paper tags from tea bags.
- ☐ Place tea bags, 8 cups water, and next 3 ingredients (through berries) in a 5-quart electric slow cooker. Cover and cook on LOW for 3 hours.
- ☐ Pour tea through a sieve into a bowl; discard solids.
- ☐ Serve warm or over ice.
- ☐ Garnish with lemon slices.

Nutrition Facts



Properties

Glycemic Index:11.86, Glycemic Load:12.39, Inflammation Score:-1, Nutrition Score:1.783913017615%

Flavonoids

Cyanidin: 1.24mg, Cyanidin: 1.24mg, Cyanidin: 1.24mg, Cyanidin: 1.24mg Petunidin: 5.15mg, Petunidin: 5.15mg, Petunidin: 5.15mg, Petunidin: 5.15mg Delphinidin: 6.12mg, Delphinidin: 6.12mg, Delphinidin: 6.12mg, Delphinidin: 6.12mg Malvidin: 14.08mg, Malvidin: 14.08mg, Malvidin: 14.08mg, Malvidin: 14.08mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 0.13mg, Peonidin: 0.13mg, Peonidin: 0.13mg, Peonidin: 0.13mg Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.85mg, Luteolin: 0.85mg, Luteolin: 0.85mg, Luteolin: 0.85mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg Quercetin: 1.52mg, Quercetin: 1.52mg, Quercetin: 1.52mg, Quercetin: 1.52mg

Nutrients (% of daily need)

Calories: 98.18kcal (4.91%), Fat: 0.24g (0.36%), Saturated Fat: 0.02g (0.14%), Carbohydrates: 25.36g (8.45%), Net Carbohydrates: 24.08g (8.75%), Sugar: 22.21g (24.68%), Cholesterol: 0mg (0%), Sodium: 15.14mg (0.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.35g (0.69%), Vitamin C: 10.3mg (12.48%), Fiber: 1.29g (5.15%), Vitamin K: 4.65µg (4.43%), Manganese: 0.05mg (2.73%), Copper: 0.04mg (2.23%), Vitamin B6: 0.03mg (1.67%), Potassium: 45.05mg (1.29%), Calcium: 12.24mg (1.22%), Magnesium: 4.62mg (1.16%), Iron: 0.2mg (1.1%), Vitamin E: 0.16mg (1.09%), Vitamin B1: 0.02mg (1.08%), Vitamin B2: 0.02mg (1.04%), Folate: 4.15µg (1.04%)