



## Berry-Peach Tea

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



8 min.

SERVINGS



8

CALORIES



56 kcal

BEVERAGE

DRINK

### Ingredients

- 16 ounce pomegranate-blueberry juice (such as POM Wonderful)
- 2 cups peach nectar
- 5 raspberry-herb tea bags
- 4 cups water boiling

### Equipment

- slotted spoon

## Directions

- Place tea bags in a 2-quart pitcher or glass measure. Carefully pour boiling water over tea bags. Cover and steep 8 minutes; remove tea bags with a slotted spoon (do not squeeze). Cool tea to room temperature; stir in nectar and pomegranate juice. Cover; chill at least 1 hour.
- Serve over ice.

## Nutrition Facts

**PROTEIN 0.44%** **FAT 5.58%** **CARBS 93.98%**

## Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:2.3734782166455%

## Nutrients (% of daily need)

Calories: 56.02kcal (2.8%), Fat: 0.35g (0.55%), Saturated Fat: 0.02g (0.14%), Carbohydrates: 13.45g (4.48%), Net Carbohydrates: 13.38g (4.87%), Sugar: 13.53g (15.03%), Cholesterol: 0mg (0%), Sodium: 28.64mg (1.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.06g (0.12%), Vitamin C: 23.08mg (27.97%), Vitamin E: 1.22mg (8.12%), Vitamin A: 164.01IU (3.28%), Iron: 0.5mg (2.79%), Vitamin B1: 0.04mg (2.49%), Potassium: 74.24mg (2.12%), Copper: 0.03mg (1.51%), Vitamin B6: 0.02mg (1.15%)