



## Blackberry Iced Tea

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



7

CALORIES



165 kcal

BEVERAGE

DRINK

## Ingredients

- 1 pinch baking soda
- 7 servings garnishes: blackberries fresh
- 3 cups blackberries fresh thawed
- 1 tablespoon mint leaves fresh chopped
- 1.3 cups sugar
- 2 family-size tea bags
- 2.5 cups water cold
- 4 cups water boiling

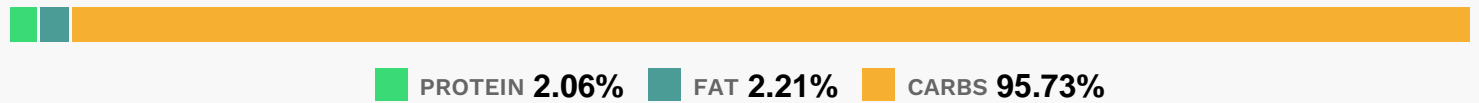
## Equipment

- sieve
- wooden spoon

## Directions

- Combine blackberries and sugar in large container. Crush blackberries with wooden spoon.
- Add mint and baking soda. Set aside.
- Pour 4 cups boiling water over tea bags; cover and let stand 3 minutes. Discard tea bags.
- Pour tea over blackberry mixture; let stand at room temperature 1 hour.
- Pour tea through a wire-mesh strainer into a large pitcher, discarding solids.
- Add 2 1/2 cups cold water, stirring until sugar dissolves. Cover and chill until ready to serve.
- Garnish, if desired.

## Nutrition Facts



## Properties

Glycemic Index:17.16, Glycemic Load:25.61, Inflammation Score:-4, Nutrition Score:4.5891304301179%

## Flavonoids

Cyanidin: 62.68mg, Cyanidin: 62.68mg, Cyanidin: 62.68mg, Cyanidin: 62.68mg Pelargonidin: 0.28mg, Pelargonidin: 0.28mg, Pelargonidin: 0.28mg, Pelargonidin: 0.28mg Peonidin: 0.13mg, Peonidin: 0.13mg, Peonidin: 0.13mg, Peonidin: 0.13mg Catechin: 23.24mg, Catechin: 23.24mg, Catechin: 23.24mg, Catechin: 23.24mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 2.92mg, Epicatechin: 2.92mg, Epicatechin: 2.92mg, Epicatechin: 2.92mg Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg Quercetin: 2.25mg, Quercetin: 2.25mg, Quercetin: 2.25mg, Quercetin: 2.25mg

## Nutrients (% of daily need)

Calories: 164.97kcal (8.25%), Fat: 0.43g (0.66%), Saturated Fat: 0.01g (0.07%), Carbohydrates: 41.7g (13.9%), Net Carbohydrates: 38.32g (13.94%), Sugar: 38.7g (43%), Cholesterol: 0mg (0%), Sodium: 51.28mg (2.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.9g (1.8%), Manganese: 0.41mg (20.75%), Vitamin C: 13.4mg (16.24%), Fiber: 3.38g (13.52%), Vitamin K: 12.42µg (11.83%), Copper: 0.14mg (7.17%), Vitamin E: 0.73mg (4.89%), Folate: 16.49µg (4.12%), Magnesium: 15.31mg (3.83%), Vitamin A: 164.55IU (3.29%), Potassium: 106.38mg (3.04%), Calcium: 26.87mg (2.69%), Iron: 0.44mg (2.46%), Zinc: 0.37mg (2.44%), Vitamin B3: 0.42mg (2.09%), Vitamin B5: 0.18mg (1.76%), Vitamin B2: 0.03mg (1.47%), Phosphorus: 14.32mg (1.43%)