



Chica Iced Tea



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



8

CALORIES



168 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 family-size
- ☐ 8 servings ice cubes for serving
- ☐ 4 limes quartered
- ☐ 1 cup pomegranate juice
- ☐ 1 cup rum white
- ☐ 0.8 cup sugar
- ☐ 1 quart water boiling

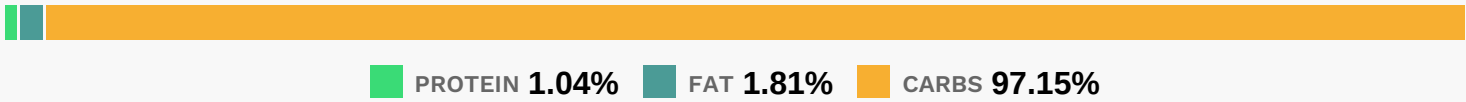
Equipment

☐ bowl

Directions

- ☐ Place the tea bag(s) in an iced tea jar or large pitcher.
- ☐ Pour the boiling water over the tea bag and let steep for at least 5 minutes.
- ☐ While tea steeps, muddle the limes and the sugar in a medium bowl, until the sugar dissolves and the lime releases its juice.
- ☐ After steeping, remove tea bags from the jar. Carefully add the lime/sugar mixture using a large spoon. Stir well to combine.
- ☐ Add the pomegranate juice and chill for at least 1 hour.
- ☐ Just before serving, add the rum and stir to incorporate.
- ☐ Serve over ice.

Nutrition Facts



Properties

Glycemic Index:14.64, Glycemic Load:13.91, Inflammation Score:-2, Nutrition Score:1.9130435054717%

Flavonoids

Cyanidin: 0.75mg, Cyanidin: 0.75mg, Cyanidin: 0.75mg, Cyanidin: 0.75mg Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg Hesperetin: 14.4mg, Hesperetin: 14.4mg, Hesperetin: 14.4mg, Hesperetin: 14.4mg Naringenin: 1.14mg, Naringenin: 1.14mg, Naringenin: 1.14mg, Naringenin: 1.14mg Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg

Nutrients (% of daily need)

Calories: 168.35kcal (8.42%), Fat: 0.22g (0.33%), Saturated Fat: 0.03g (0.2%), Carbohydrates: 26.27g (8.76%), Net Carbohydrates: 25.3g (9.2%), Sugar: 23.2g (25.78%), Cholesterol: 0mg (0%), Sodium: 12.67mg (0.55%), Alcohol: 10.02g (100%), Alcohol %: 4.41% (100%), Protein: 0.28g (0.56%), Vitamin C: 9.78mg (11.85%), Fiber: 0.97g (3.88%), Vitamin K: 3.44µg (3.27%), Copper: 0.06mg (3.19%), Potassium: 101.75mg (2.91%), Folate: 10.15µg (2.54%), Calcium: 19.9mg (1.99%), Manganese: 0.04mg (1.92%), Vitamin B5: 0.16mg (1.61%), Magnesium: 5.93mg (1.48%), Iron: 0.25mg (1.41%), Vitamin B6: 0.03mg (1.36%), Vitamin E: 0.19mg (1.28%), Vitamin B1: 0.02mg (1.1%), Phosphorus: 10.65mg (1.07%)