



Christmas Fruit Tea



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



40

CALORIES



181 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.5 gallon apple juice
- ☐ 0.5 gallon cranberry juice cocktail
- ☐ 2 liter ginger ale
- ☐ 0.5 gallon pink lemonade kool-aid
- ☐ 0.5 gallon orange juice
- ☐ 46 ounce pineapple juice unsweetened canned
- ☐ 6 ounce mulling spices
- ☐ 2 cups sugar

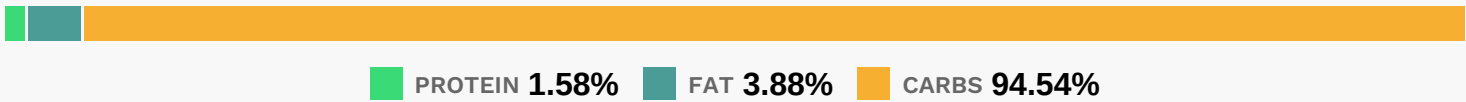
1 gallon freshly tea unsweetened

Equipment

Directions

Stir together first 8 ingredients in a large 5-gallon container. Chill 30 minutes. Stir in ginger ale just before serving.

Nutrition Facts



Properties

Glycemic Index:9.91, Glycemic Load:23.99, Inflammation Score:-6, Nutrition Score:7.7721740111061%

Flavonoids

Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 0.19mg, Peonidin: 0.19mg, Peonidin: 0.19mg, Peonidin: 0.19mg Catechin: 2.11mg, Catechin: 2.11mg, Catechin: 2.11mg, Catechin: 2.11mg Epigallocatechin: 7.62mg, Epigallocatechin: 7.62mg, Epigallocatechin: 7.62mg Epicatechin: 4.71mg, Epicatechin: 4.71mg, Epicatechin: 4.71mg Epicatechin 3-gallate: 5.55mg, Epicatechin 3-gallate: 5.55mg, Epicatechin 3-gallate: 5.55mg, Epicatechin 3-gallate: 5.55mg Epigallocatechin 3-gallate: 8.86mg, Epigallocatechin 3-gallate: 8.86mg, Epigallocatechin 3-gallate: 8.86mg, Epigallocatechin 3-gallate: 8.86mg Theaflavin: 1.5mg, Theaflavin: 1.5mg, Theaflavin: 1.5mg, Theaflavin: 1.5mg Thearubigins: 76.94mg, Thearubigins: 76.94mg, Thearubigins: 76.94mg, Thearubigins: 76.94mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 5.65mg, Hesperetin: 5.65mg, Hesperetin: 5.65mg, Hesperetin: 5.65mg Naringenin: 1.01mg, Naringenin: 1.01mg, Naringenin: 1.01mg, Naringenin: 1.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 1.34mg, Kaempferol: 1.34mg, Kaempferol: 1.34mg, Kaempferol: 1.34mg Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg Quercetin: 3.51mg, Quercetin: 3.51mg, Quercetin: 3.51mg, Quercetin: 3.51mg Theaflavin-3,3'-digallate: 1.66mg, Theaflavin-3,3'-digallate: 1.66mg, Theaflavin-3,3'-digallate: 1.66mg, Theaflavin-3,3'-digallate: 1.66mg Theaflavin-3'-gallate: 1.43mg, Theaflavin-3'-gallate: 1.43mg, Theaflavin-3'-gallate: 1.43mg, Theaflavin-3'-gallate: 1.43mg Gallocatechin: 1.18mg, Gallocatechin: 1.18mg, Gallocatechin: 1.18mg, Gallocatechin: 1.18mg

Nutrients (% of daily need)

Calories: 180.84kcal (9.04%), Fat: 0.81g (1.25%), Saturated Fat: 0.31g (1.93%), Carbohydrates: 44.41g (14.8%), Net Carbohydrates: 43.53g (15.83%), Sugar: 37.76g (41.95%), Cholesterol: 0mg (0%), Sodium: 15.61mg (0.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 18.93mg (6.31%), Protein: 0.74g (1.48%), Vitamin C: 48.36mg (58.61%), Manganese: 1.12mg (55.83%), Potassium: 255.34mg (7.3%), Iron: 1.25mg (6.95%), Folate: 25.82µg (6.45%),

Magnesium: 21.08mg (5.27%), Vitamin B1: 0.08mg (5.13%), Copper: 0.09mg (4.67%), Calcium: 45.25mg (4.52%),
Vitamin B6: 0.08mg (3.85%), Fiber: 0.88g (3.54%), Vitamin B2: 0.05mg (2.94%), Vitamin A: 111.62IU (2.23%),
Phosphorus: 20.4mg (2.04%), Vitamin B3: 0.4mg (2.02%), Vitamin K: 1.83µg (1.74%), Vitamin B5: 0.17mg (1.66%),
Zinc: 0.23mg (1.53%), Vitamin E: 0.22mg (1.44%), Selenium: 0.73µg (1.04%)