



Citrus Iced Tea



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



153 kcal

BEVERAGE

DRINK

Ingredients

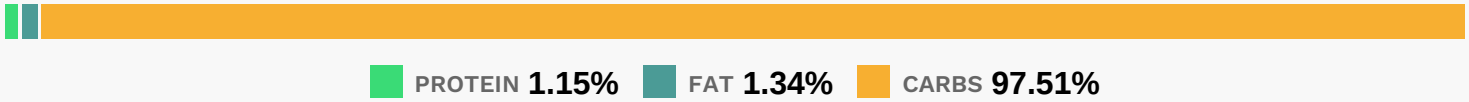
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1 sprigs garnishes: mint orange fresh
- ☐ 0.5 cup orange juice
- ☐ 1.5 cups pineapple juice
- ☐ 0.7 cup sugar
- ☐ 1 family-size tea bag
- ☐ 3 cups water

Equipment

Directions

- ☐ Bring 3 cups water and cloves to a boil over medium heat; reduce heat, and simmer 10 minutes.
- ☐ Remove from heat, and add tea bag; steep 10 minutes.
- ☐ Discard tea bag and cloves.
- ☐ Add fruit juices and sugar, stirring until sugar dissolves. Chill and serve over crushed ice.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:33.62, Glycemic Load:24.06, Inflammation Score:-2, Nutrition Score:3.5878260660431%

Flavonoids

Eriodictyol: 0.4mg, Eriodictyol: 0.4mg, Eriodictyol: 0.4mg, Eriodictyol: 0.4mg Hesperetin: 3.85mg, Hesperetin: 3.85mg, Hesperetin: 3.85mg, Hesperetin: 3.85mg Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 152.81kcal (7.64%), Fat: 0.24g (0.36%), Saturated Fat: 0.01g (0.09%), Carbohydrates: 38.69g (12.9%), Net Carbohydrates: 38.47g (13.99%), Sugar: 35.91g (39.9%), Cholesterol: 0mg (0%), Sodium: 9.15mg (0.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.46g (0.91%), Vitamin C: 21.87mg (26.5%), Manganese: 0.36mg (18.22%), Folate: 21.61µg (5.4%), Vitamin B1: 0.06mg (4.33%), Copper: 0.09mg (4.3%), Potassium: 149.49mg (4.27%), Vitamin B6: 0.08mg (4.19%), Magnesium: 13.16mg (3.29%), Calcium: 17.3mg (1.73%), Vitamin B2: 0.03mg (1.69%), Iron: 0.3mg (1.65%), Vitamin B3: 0.25mg (1.24%), Vitamin A: 62IU (1.24%), Phosphorus: 10.51mg (1.05%)