

Citrus Sweet Tea



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



90 min.

SERVINGS



15

CALORIES



51 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 15 servings ice cubes crushed
- ☐ 1 slices garnish: lemon
- ☐ 0.3 cup juice of lemon fresh
- ☐ 0.5 cup orange juice
- ☐ 1.5 cups pineapple juice
- ☐ 0.7 cup sugar
- ☐ 1 family-size tea bag

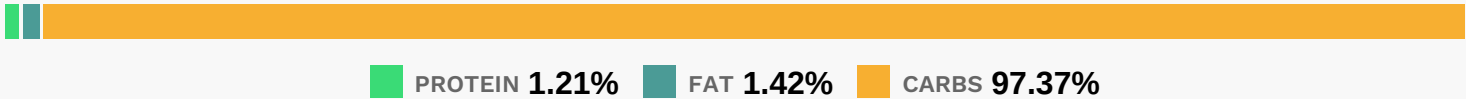
Equipment

☐ sauce pan

Directions

- ☐ Bring 3 cups water and cloves to a boil in a saucepan over medium heat; reduce heat to low, 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. Cover and chill for 1 hour; serve over crushed ice.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:12.91, Glycemic Load:8.03, Inflammation Score:-1, Nutrition Score:1.2408695723052%

Flavonoids

Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 1.71mg, Hesperetin: 1.71mg, Hesperetin: 1.71mg, Hesperetin: 1.71mg Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 51.48kcal (2.57%), Fat: 0.08g (0.13%), Saturated Fat: 0.01g (0.04%), Carbohydrates: 13.07g (4.36%), Net Carbohydrates: 12.99g (4.72%), Sugar: 12.03g (13.37%), Cholesterol: 0mg (0%), Sodium: 0.74mg (0.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.16g (0.32%), Vitamin C: 8.31mg (10.08%), Manganese: 0.12mg (6.05%), Folate: 7.59µg (1.9%), Potassium: 52.22mg (1.49%), Vitamin B1: 0.02mg (1.49%), Vitamin B6: 0.03mg (1.46%), Copper: 0.02mg (1.08%), Magnesium: 4.03mg (1.01%)