



Fling Tea

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



25 min.

SERVINGS



8

CALORIES



262 kcal

BEVERAGE

DRINK

Ingredients

- 8 servings tea bags black for 1 gallon of tea
- 8 servings orange wedges for garnish
- 1 quart orange juice fresh
- 1 peaches pitted halved
- 1 quart pineapple juice fresh
- 1 cup sugar fine

Equipment

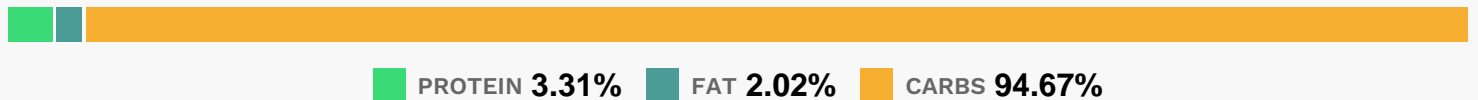
- bowl

- sieve
- blender
- dutch oven

Directions

- Heat the water in a large Dutch oven over medium heat. Turn off the heat and add the sugar and the tea bags. Steep the tea bags in the sugar water for 12 minutes.
- Add the peach to a blender and pulse to puree. Push the peach puree through a fine mesh sieve over a bowl to strain. Once the tea bags finish steeping, remove them and discard. Allow the tea to cool to room temperature, then stir in the fresh orange juice, fresh pineapple juice and strained peach puree.
- Mix until well blended, then refrigerate.
- Serve cold over ice and garnish each glass with a wedge of fresh pineapple or orange.
- quarts (1/2 gallon)

Nutrition Facts



Properties

Glycemic Index:31.36, Glycemic Load:34.87, Inflammation Score:-7, Nutrition Score:12.139565177586%

Flavonoids

Cyanidin: 0.36mg, Cyanidin: 0.36mg, Cyanidin: 0.36mg, Cyanidin: 0.36mg Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 0.44mg, Epicatechin: 0.44mg, Epicatechin: 0.44mg, Epicatechin: 0.44mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Eriodictyol: 0.2mg, Eriodictyol: 0.2mg, Eriodictyol: 0.2mg, Eriodictyol: 0.2mg Hesperetin: 38.66mg, Hesperetin: 38.66mg, Hesperetin: 38.66mg, Hesperetin: 38.66mg Naringenin: 16.32mg, Naringenin: 16.32mg, Naringenin: 16.32mg, Naringenin: 16.32mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg

Nutrients (% of daily need)

Calories: 262.35kcal (13.12%), Fat: 0.62g (0.95%), Saturated Fat: 0.05g (0.34%), Carbohydrates: 64.94g (21.65%), Net Carbohydrates: 62.03g (22.56%), Sugar: 56.68g (62.98%), Cholesterol: 0mg (0%), Sodium: 6.24mg (0.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.27g (4.54%), Vitamin C: 119.63mg (145%), Manganese: 0.65mg (32.39%), Folate: 84.91µg (21.23%), Vitamin B1: 0.26mg (17.19%), Potassium: 576.65mg (16.48%), Fiber: 2.91g (11.66%), Vitamin B6: 0.22mg (11.21%), Vitamin A: 506.13IU (10.12%), Copper: 0.19mg (9.53%), Magnesium: 37.71mg (9.43%), Calcium: 65.39mg (6.54%), Vitamin B2: 0.11mg (6.29%), Vitamin B3: 1.11mg (5.57%), Vitamin B5: 0.54mg (5.45%), Phosphorus: 46.3mg (4.63%), Iron: 0.77mg (4.28%), Vitamin E: 0.37mg (2.47%), Zinc: 0.3mg (1.99%), Selenium: 1.23µg (1.76%)