



Fruit-and-Mint Iced Tea



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



9

CALORIES



186 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.5 cup mint leaves fresh
- ☐ 6 ounce lemonade concentrate frozen undiluted canned
- ☐ 6 ounce limeade concentrate frozen undiluted canned
- ☐ 0.8 cup orange juice
- ☐ 1.5 cups sugar
- ☐ 8 regular-size tea bags
- ☐ 1 quart water boiling
- ☐ 3 quarts water cold

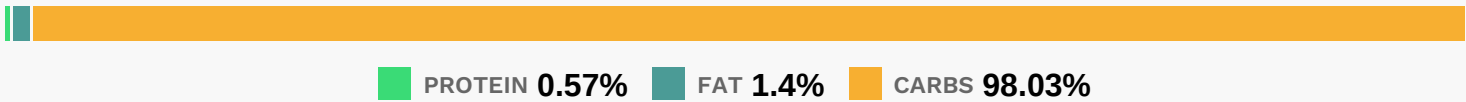
Equipment

☐ sieve

Directions

- ☐ Pour 1 quart boiling water over tea bags and mint; cover and steep 30 minutes.
- ☐ Remove and discard tea bags. Stir in sugar and next 4 ingredients.
- ☐ Pour tea through a wire-mesh strainer into a large pitcher, discarding mint. Chill.
- ☐ Serve over ice.

Nutrition Facts



Properties

Glycemic Index:13.57, Glycemic Load:24.37, Inflammation Score:-2, Nutrition Score:1.9778261150679%

Flavonoids

Eriodictyol: 0.81mg, Eriodictyol: 0.81mg, Eriodictyol: 0.81mg, Eriodictyol: 0.81mg Hesperetin: 2.72mg, Hesperetin: 2.72mg, Hesperetin: 2.72mg, Hesperetin: 2.72mg Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 186.25kcal (9.31%), Fat: 0.3g (0.47%), Saturated Fat: 0.02g (0.1%), Carbohydrates: 47.76g (15.92%), Net Carbohydrates: 47.46g (17.26%), Sugar: 45.92g (51.02%), Cholesterol: 0mg (0%), Sodium: 24.24mg (1.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.28g (0.56%), Vitamin C: 14.19mg (17.2%), Copper: 0.09mg (4.62%), Vitamin A: 147.53IU (2.95%), Folate: 10.56µg (2.64%), Magnesium: 10.18mg (2.55%), Calcium: 23mg (2.3%), Potassium: 71.72mg (2.05%), Manganese: 0.04mg (1.81%), Vitamin B1: 0.02mg (1.65%), Fiber: 0.3g (1.19%), Vitamin B2: 0.02mg (1.16%), Iron: 0.2mg (1.12%)