



Governor's Mansion Summer Peach Tea Punch

 Gluten Free  Dairy Free

READY IN



545 min.

SERVINGS



10

CALORIES



262 kcal

BEVERAGE

DRINK

Ingredients

- 1 liter seltzer water chilled
- 2 cups mint leaves fresh loosely packed
- 1 liter ginger ale chilled
- 12 oz lemonade concentrate frozen thawed canned
- 10 servings peaches fresh
- 33.8 oz peach nectar
- 0.5 cup simple syrup glaze

- 3 ginger tea bags

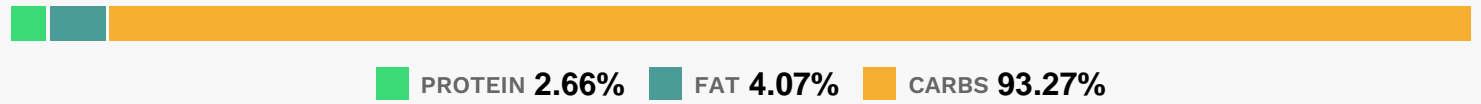
Equipment

- bowl
- sauce pan

Directions

- Bring 4 cups water to a boil in a medium saucepan; add tea bags and mint leaves. Boil 1 minute; remove from heat. Cover and steep 10 minutes.
- Discard tea bags and mint.
- Pour into a 1-gal. container; add peach nectar, lemonade concentrate, and Simple Sugar Syrup. Cover and chill 8 to 24 hours.
- Pour chilled tea mixture into a punch bowl or pitcher. Stir in ginger ale and club soda just before serving.
- Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:10.32, Glycemic Load:10.7, Inflammation Score:-7, Nutrition Score:7.3182609081268%

Flavonoids

Cyanidin: 2.88mg, Cyanidin: 2.88mg, Cyanidin: 2.88mg, Cyanidin: 2.88mg Catechin: 7.38mg, Catechin: 7.38mg, Catechin: 7.38mg, Catechin: 7.38mg Epigallocatechin: 1.56mg, Epigallocatechin: 1.56mg, Epigallocatechin: 1.56mg, Epigallocatechin: 1.56mg Epicatechin: 3.51mg, Epicatechin: 3.51mg, Epicatechin: 3.51mg, Epicatechin: 3.51mg Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg Eriodictyol: 2.78mg, Eriodictyol: 2.78mg, Eriodictyol: 2.78mg, Eriodictyol: 2.78mg Hesperetin: 0.91mg, Hesperetin: 0.91mg, Hesperetin: 0.91mg, Hesperetin: 0.91mg Apigenin: 0.49mg, Apigenin: 0.49mg, Apigenin: 0.49mg, Apigenin: 0.49mg Luteolin: 1.14mg, Luteolin: 1.14mg, Luteolin: 1.14mg, Luteolin: 1.14mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg

Nutrients (% of daily need)

Calories: 262.17kcal (13.11%), Fat: 1.27g (1.96%), Saturated Fat: 0.09g (0.59%), Carbohydrates: 65.64g (21.88%), Net Carbohydrates: 62.48g (22.72%), Sugar: 60.53g (67.26%), Cholesterol: 0mg (0%), Sodium: 72.97mg (3.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.87g (3.75%), Vitamin A: 1118.54IU (22.37%), Vitamin C: 13.47mg (16.33%), Fiber: 3.17g (12.67%), Manganese: 0.23mg (11.7%), Iron: 1.86mg (10.34%), Copper: 0.2mg (9.78%), Vitamin E: 1.4mg (9.36%), Vitamin B1: 0.13mg (8.64%), Potassium: 301.06mg (8.6%), Vitamin B3: 1.5mg (7.52%), Magnesium: 29.1mg (7.27%), Folate: 22.6µg (5.65%), Vitamin B2: 0.09mg (5.58%), Vitamin K: 5.72µg (5.45%), Selenium: 3.7µg (5.28%), Calcium: 46.18mg (4.62%), Phosphorus: 46.17mg (4.62%), Vitamin B6: 0.09mg (4.57%), Zinc: 0.65mg (4.33%), Vitamin B5: 0.36mg (3.64%)