



Governor's Mansion Summer Peach Tea Punch



Gluten Free



Dairy Free



Low Fod Map

READY IN



10 min.

SERVINGS



5

CALORIES



332 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 liter club soda chilled
- ☐ 2 cups mint leaves fresh loosely packed
- ☐ 1 liter ginger ale chilled
- ☐ 6 oz lemonade concentrate frozen thawed canned
- ☐ 5 servings garnish: mint sprigs fresh
- ☐ 33.8 oz peach nectar
- ☐ 0.5 cup simple sugar syrup

- ☐ 3 family-size tea bags
- ☐ 4 cups water

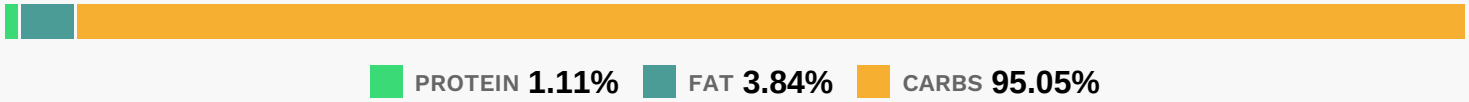
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Bring 4 cups water to a boil in a medium saucepan; add tea bags and 2 cups mint leaves. Boil 1 minute; remove from heat. Cover and steep 10 minutes.
- ☐ Remove and discard tea bags and mint.
- ☐ Pour into a 1-gal. container; add peach nectar, lemonade concentrate, and Simple Sugar Syrup. Cover and chill 8 hours or overnight.
- ☐ Pour chilled tea mixture into a punch bowl. Stir in ginger ale and club soda just before serving.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:12.6, Glycemic Load:11.01, Inflammation Score:-7, Nutrition Score:6.8434782080028%

Flavonoids

Eriodictyol: 5.87mg, Eriodictyol: 5.87mg, Eriodictyol: 5.87mg, Eriodictyol: 5.87mg Hesperetin: 1.93mg, Hesperetin: 1.93mg, Hesperetin: 1.93mg, Hesperetin: 1.93mg Apigenin: 1.02mg, Apigenin: 1.02mg, Apigenin: 1.02mg, Apigenin: 1.02mg Luteolin: 2.41mg, Luteolin: 2.41mg, Luteolin: 2.41mg, Luteolin: 2.41mg

Nutrients (% of daily need)

Calories: 332.37kcal (16.62%), Fat: 1.51g (2.32%), Saturated Fat: 0.13g (0.79%), Carbohydrates: 84.16g (28.05%), Net Carbohydrates: 82.35g (29.94%), Sugar: 80.75g (89.72%), Cholesterol: 0mg (0%), Sodium: 114.33mg (4.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.98g (1.96%), Vitamin A: 1301.56IU (26.03%), Iron: 2.72mg (15.12%), Manganese: 0.29mg (14.61%), Vitamin C: 10.5mg (12.73%), Vitamin B1: 0.18mg (12.08%), Copper: 0.19mg (9.32%), Magnesium: 34.5mg (8.63%), Calcium: 86.09mg (8.61%), Fiber: 1.81g (7.25%), Folate: 25.96µg (6.49%), Potassium: 217.32mg (6.21%), Vitamin B2: 0.1mg (5.85%), Vitamin B6: 0.1mg (5.11%), Zinc: 0.63mg (4.18%), Vitamin E:

0.59mg (3.91%), Vitamin B3: 0.57mg (2.84%), Phosphorus: 24.7mg (2.47%), Vitamin B5: 0.23mg (2.34%), Vitamin K: 2.37µg (2.26%), Selenium: 0.95µg (1.36%)