



Grand Marnier Tea Cooler

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



15 min.

SERVINGS



4

CALORIES



306 kcal

BEVERAGE

DRINK

Ingredients

- 1 cup grand marnier
- 1 tablespoon granulated sugar
- 4 servings ice cubes
- 4 cups peach-flavored iced tea
- 4 lemon wedges
- 1 medium cranberry-orange relish

Equipment

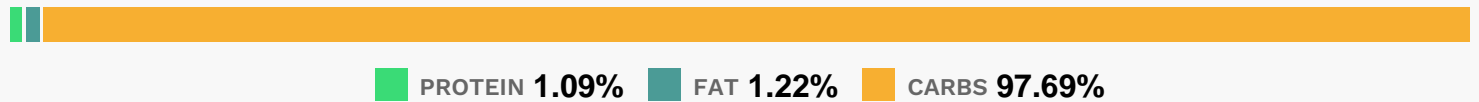
- bowl

zester

Directions

- Using a zester, cut as many long strips of zest from the orange as you can and set them aside.
- Cut off and discard the remaining white pith, and cut the orange into 8 pieces.
- Place the orange pieces in a small bowl and sprinkle the sugar over them. Muddle until no large chunks remain. Divide the orange mixture among 4 iced tea glasses.
- Add 1/4 cup of Grand Marnier to each glass and stir well. Fill each glass halfway with ice. Divide the reserved zest among the glasses, then fill the rest of the way with ice. Fill the glasses with iced tea and serve with a lemon wedge.

Nutrition Facts



Properties

Glycemic Index:34.52, Glycemic Load:3.7, Inflammation Score:-4, Nutrition Score:3.7495652022569%

Flavonoids

Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg Hesperetin: 13.95mg, Hesperetin: 13.95mg, Hesperetin: 13.95mg, Hesperetin: 13.95mg Naringenin: 5.12mg, Naringenin: 5.12mg, Naringenin: 5.12mg, Naringenin: 5.12mg Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 305.92kcal (15.3%), Fat: 0.28g (0.43%), Saturated Fat: 0.07g (0.47%), Carbohydrates: 50.59g (16.86%), Net Carbohydrates: 49.3g (17.93%), Sugar: 48.23g (53.59%), Cholesterol: 0mg (0%), Sodium: 17.35mg (0.75%), Alcohol: 15.34g (100%), Alcohol %: 4.8% (100%), Caffeine: 27.14mg (9.05%), Protein: 0.56g (1.13%), Vitamin C: 26.96mg (32.68%), Manganese: 0.4mg (20.07%), Fiber: 1.29g (5.16%), Potassium: 125.48mg (3.59%), Copper: 0.07mg (3.3%), Folate: 11.81µg (2.95%), Calcium: 27.16mg (2.72%), Vitamin B1: 0.04mg (2.54%), Magnesium: 9.4mg (2.35%), Vitamin B6: 0.03mg (1.7%), Vitamin A: 77.65IU (1.55%), Vitamin B2: 0.02mg (1.43%), Phosphorus: 13.36mg (1.34%), Vitamin B5: 0.12mg (1.16%)