



## Green Tea Berry Delight

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



5 min.

SERVINGS



1

CALORIES



62 kcal

BEVERAGE

DRINK

### Ingredients

- 0.5 cup blueberries frozen
- 2 cups peach-flavored iced tea green
- 4 strawberries frozen

### Equipment

### Directions

- Place the blueberries and strawberries in the bottom of a tall glass.

Pour the green tea over the berries.

## Nutrition Facts

**PROTEIN 4.95%** **FAT 4.97%** **CARBS 90.08%**

### Properties

Glycemic Index:80, Glycemic Load:4.67, Inflammation Score:-10, Nutrition Score:8.7873911624369%

### Flavonoids

Cyanidin: 7.07mg, Cyanidin: 7.07mg, Cyanidin: 7.07mg, Cyanidin: 7.07mg Petunidin: 23.39mg, Petunidin: 23.39mg, Petunidin: 23.39mg, Petunidin: 23.39mg Delphinidin: 26.37mg, Delphinidin: 26.37mg, Delphinidin: 26.37mg, Delphinidin: 26.37mg Malvidin: 50.02mg, Malvidin: 50.02mg, Malvidin: 50.02mg, Malvidin: 50.02mg Pelargonidin: 11.93mg, Pelargonidin: 11.93mg, Pelargonidin: 11.93mg, Pelargonidin: 11.93mg Peonidin: 15.04mg, Peonidin: 15.04mg, Peonidin: 15.04mg, Peonidin: 15.04mg Catechin: 12.53mg, Catechin: 12.53mg, Catechin: 12.53mg, Catechin: 12.53mg Epigallocatechin: 38.86mg, Epigallocatechin: 38.86mg, Epigallocatechin: 38.86mg, Epigallocatechin: 38.86mg Epicatechin: 10.71mg, Epicatechin: 10.71mg, Epicatechin: 10.71mg, Epicatechin: 10.71mg Epicatechin 3-gallate: 27.73mg, Epicatechin 3-gallate: 27.73mg, Epicatechin 3-gallate: 27.73mg, Epicatechin 3-gallate: 27.73mg Epigallocatechin 3-gallate: 44.23mg, Epigallocatechin 3-gallate: 44.23mg, Epigallocatechin 3-gallate: 44.23mg, Epigallocatechin 3-gallate: 44.23mg Theaflavin: 7.46mg, Theaflavin: 7.46mg, Theaflavin: 7.46mg, Theaflavin: 7.46mg Thearubigins: 383.74mg, Thearubigins: 383.74mg, Thearubigins: 383.74mg, Thearubigins: 383.74mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 8.12mg, Kaempferol: 8.12mg, Kaempferol: 8.12mg, Kaempferol: 8.12mg Myricetin: 3.11mg, Myricetin: 3.11mg, Myricetin: 3.11mg, Myricetin: 3.11mg Quercetin: 16.55mg, Quercetin: 16.55mg, Quercetin: 16.55mg, Quercetin: 16.55mg Theaflavin-3,3'-digallate: 8.26mg, Theaflavin-3,3'-digallate: 8.26mg, Theaflavin-3,3'-digallate: 8.26mg, Theaflavin-3,3'-digallate: 8.26mg Theaflavin-3'-gallate: 7.13mg, Theaflavin-3'-gallate: 7.13mg, Theaflavin-3'-gallate: 7.13mg, Theaflavin-3'-gallate: 7.13mg Gallocatechin: 6mg, Gallocatechin: 6mg, Gallocatechin: 6mg, Gallocatechin: 6mg

### Nutrients (% of daily need)

Calories: 62.26kcal (3.11%), Fat: 0.39g (0.6%), Saturated Fat: 0.04g (0.23%), Carbohydrates: 15.83g (5.28%), Net Carbohydrates: 13.1g (4.76%), Sugar: 9.72g (10.8%), Cholesterol: 0mg (0%), Sodium: 15.38mg (0.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 94.4mg (31.47%), Protein: 0.87g (1.74%), Manganese: 1.47mg (73.38%), Vitamin C: 35.4mg (42.91%), Vitamin K: 15.34µg (14.61%), Fiber: 2.74g (10.94%), Folate: 39.56µg (9.89%), Potassium: 305.06mg (8.72%), Vitamin B2: 0.11mg (6.29%), Magnesium: 24.84mg (6.21%), Copper: 0.11mg (5.62%), Vitamin E: 0.56mg (3.74%), Vitamin B6: 0.06mg (3.05%), Iron: 0.5mg (2.77%), Vitamin B1: 0.04mg (2.59%), Phosphorus: 25.12mg (2.51%), Vitamin B3: 0.49mg (2.47%), Vitamin B5: 0.2mg (2.04%), Zinc: 0.28mg (1.87%), Calcium: 12.12mg (1.21%)