

Hawaiian Plantation Iced Tea

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



100 min.

SERVINGS



8

CALORIES



147 kcal

BEVERAGE

DRINK

Ingredients

- 1 pineapple fresh cored peeled cut into spears
- 16 ounce pineapple rings canned
- 0.5 cup simple syrup glaze
- 4 ginger tea bags
- 1 quart water hot boiling
- 1 quart water ice cold

Equipment

Directions

- Pour the barely boiling hot water into a large pitcher, and add the tea bags. Steep the tea 2 to 4 minutes.
- Remove the tea bags, and pour in the ice water.
- Pour in the pineapple juice. Refrigerate until thoroughly chilled, about 1 1/2 hours.
- Pour the tea over ice, garnish with pineapple spears, and serve.

Nutrition Facts

PROTEIN 2.23% **FAT 1.1%** **CARBS 96.67%**

Properties

Glycemic Index:7.33, Glycemic Load:7.76, Inflammation Score:-4, Nutrition Score:9.1582608708869%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 147.24kcal (7.36%), Fat: 0.2g (0.3%), Saturated Fat: 0.01g (0.09%), Carbohydrates: 39.05g (13.02%), Net Carbohydrates: 36.73g (13.35%), Sugar: 34.65g (38.5%), Cholesterol: 0mg (0%), Sodium: 25.74mg (1.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.9g (1.8%), Vitamin C: 59.4mg (72%), Manganese: 1.05mg (52.43%), Vitamin B1: 0.17mg (11.64%), Copper: 0.23mg (11.36%), Fiber: 2.32g (9.28%), Vitamin B6: 0.17mg (8.46%), Iron: 1.25mg (6.92%), Magnesium: 26.55mg (6.64%), Potassium: 206.88mg (5.91%), Folate: 23.2µg (5.8%), Vitamin B3: 0.75mg (3.74%), Vitamin B2: 0.06mg (3.57%), Calcium: 33.61mg (3.36%), Vitamin B5: 0.24mg (2.41%), Vitamin A: 93.96IU (1.88%), Zinc: 0.26mg (1.71%), Phosphorus: 14.7mg (1.47%), Vitamin K: 1.19µg (1.13%)