



Hibiscus Iced Tea with Peaches



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



110 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.3 cup juice of lemon
- ☐ 1.5 cups peaches sliced
- ☐ 1 cup sugar
- ☐ 8 hibiscus tea bags
- ☐ 1 cup warm water
- ☐ 7 cups water cold

Equipment

- ☐ bowl

whisk

Directions

- Whisk sugar, lemon juice and 1 cup warm water in a bowl until sugar dissolves.
- Add tea bags, cover bowl and steep for 5 minutes.
- Remove tea bags. Fill a pitcher with ice and sliced peaches.
- Pour in tea and 7 cups cold water. Stir well; serve cold over additional ice.

Nutrition Facts



Properties

Glycemic Index:13.79, Glycemic Load:18.45, Inflammation Score:-1, Nutrition Score:1.140000016793%

Flavonoids

Cyanidin: 0.55mg, Cyanidin: 0.55mg, Cyanidin: 0.55mg, Cyanidin: 0.55mg Catechin: 1.42mg, Catechin: 1.42mg, Catechin: 1.42mg, Catechin: 1.42mg Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg Epicatechin: 0.68mg, Epicatechin: 0.68mg, Epicatechin: 0.68mg, Epicatechin: 0.68mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 110.06kcal (5.5%), Fat: 0.18g (0.27%), Saturated Fat: 0.01g (0.05%), Carbohydrates: 28.34g (9.45%), Net Carbohydrates: 27.89g (10.14%), Sugar: 27.56g (30.63%), Cholesterol: 0mg (0%), Sodium: 15.91mg (0.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.29g (0.58%), Vitamin C: 4.13mg (5.01%), Copper: 0.06mg (3.17%), Vitamin A: 94.59IU (1.89%), Fiber: 0.46g (1.82%), Vitamin E: 0.22mg (1.48%), Magnesium: 5.13mg (1.28%), Potassium: 43.58mg (1.25%), Vitamin B3: 0.24mg (1.2%), Selenium: 0.76µg (1.09%)