



Hibiscus Tea Punch

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



186 kcal

BEVERAGE

DRINK

Ingredients

- 25.4 ounce sparkling apple cider chilled
- 8 servings garnish: lemon wedges
- 1.5 cups sugar
- 8 hibiscus tea bags red
- 4 cups water boiling

Equipment

Directions

- Pour 4 cups boiling water over tea bags. Cover; steep 10 minutes. Discard tea bags. Stir in sugar until dissolved. Chill until ready to serve. Stir in sparkling cider, and serve over ice.
- Garnish, if desired.

Nutrition Facts

PROTEIN 0.21% **FAT 1.12%** **CARBS 98.67%**

Properties

Glycemic Index:17.04, Glycemic Load:30.27, Inflammation Score:-1, Nutrition Score:0.83521740114235%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 1.13mg, Catechin: 1.13mg, Catechin: 1.13mg, Catechin: 1.13mg Epicatechin: 4.24mg, Epicatechin: 4.24mg, Epicatechin: 4.24mg, Epicatechin: 4.24mg Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

Nutrients (% of daily need)

Calories: 186.07kcal (9.3%), Fat: 0.24g (0.37%), Saturated Fat: 0.02g (0.13%), Carbohydrates: 47.61g (15.87%), Net Carbohydrates: 47.41g (17.24%), Sugar: 46.11g (51.23%), Cholesterol: 0mg (0%), Sodium: 9.91mg (0.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.1g (0.2%), Manganese: 0.07mg (3.42%), Potassium: 93.04mg (2.66%), Copper: 0.03mg (1.64%), Vitamin C: 1.34mg (1.62%), Magnesium: 5.76mg (1.44%), Vitamin B2: 0.02mg (1.33%), Vitamin B1: 0.02mg (1.29%), Calcium: 11.38mg (1.14%)