



Iced Green Tea-Citrus Punch



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



8 min.

SERVINGS



8

CALORIES



122 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 16 tea bags green
- ☐ 0.3 cup juice of lemon fresh
- ☐ 1.8 cups orange juice fresh
- ☐ 1 cup sugar
- ☐ 6 cups water divided

Equipment

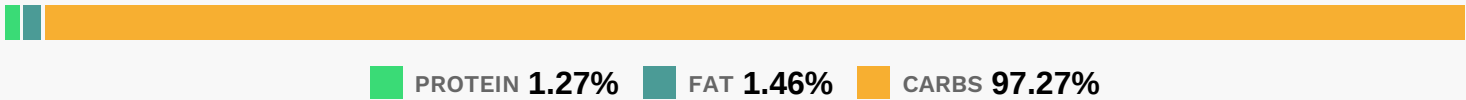
- ☐ frying pan
- ☐ sauce pan

☐ slotted spoon

Directions

- ☐ Bring 3 cups water and sugar to a boil in a large saucepan, stirring until sugar dissolves.
- ☐ Remove pan from heat; add tea bags, and steep 5 minutes.
- ☐ Remove tea bags with a slotted spoon (do not squeeze).
- ☐ Cool tea to room temperature; stir in orange juice, lemon juice, and remaining 3 cups water. Cover and chill at least 1 hour.
- ☐ Serve over ice; garnish with orange slices, if desired.

Nutrition Facts



Properties

Glycemic Index:15.26, Glycemic Load:20.33, Inflammation Score:-2, Nutrition Score:2.7930434302467%

Flavonoids

Eriodictyol: 0.46mg, Eriodictyol: 0.46mg, Eriodictyol: 0.46mg, Eriodictyol: 0.46mg Hesperetin: 7.59mg, Hesperetin: 7.59mg, Hesperetin: 7.59mg, Hesperetin: 7.59mg Naringenin: 1.27mg, Naringenin: 1.27mg, Naringenin: 1.27mg, Naringenin: 1.27mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 122.34kcal (6.12%), Fat: 0.21g (0.32%), Saturated Fat: 0.02g (0.1%), Carbohydrates: 31.07g (10.36%), Net Carbohydrates: 30.94g (11.25%), Sugar: 29.7g (33%), Cholesterol: 0mg (0%), Sodium: 9.74mg (0.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.41g (0.81%), Vitamin C: 30.08mg (36.46%), Folate: 17.8µg (4.45%), Vitamin B1: 0.05mg (3.38%), Potassium: 116.85mg (3.34%), Copper: 0.06mg (2.76%), Vitamin A: 108.96IU (2.18%), Magnesium: 8.2mg (2.05%), Vitamin B2: 0.02mg (1.3%), Vitamin B6: 0.03mg (1.26%), Calcium: 12mg (1.2%), Vitamin B5: 0.11mg (1.13%), Vitamin B3: 0.22mg (1.12%)