



Lemon-Blueberry Sweet Tea



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



90 min.

SERVINGS



30

CALORIES



111 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 30 servings garnishes: blueberries fresh
- ☐ 12 oz blueberries frozen
- ☐ 0.5 cup juice of lemon fresh
- ☐ 0.8 cup sugar
- ☐ 3 family-size tea bags

Equipment

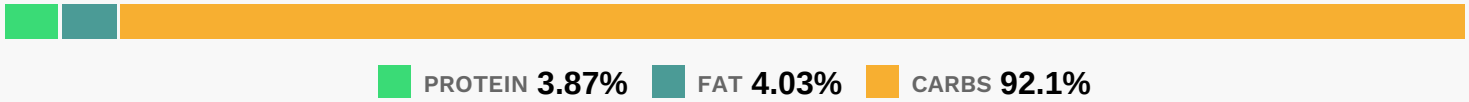
- ☐ bowl
- ☐ sauce pan

☐ sieve

Directions

- ☐ Bring blueberries and lemon juice to a boil in a large saucepan over medium heat; cook, stirring occasionally, 5 minutes.
- ☐ Remove from heat; pour through a wire-mesh strainer into a bowl, using back of a spoon to squeeze out juice. Discard solids. Rinse saucepan clean.
- ☐ Bring 4 cups water to a boil in same saucepan; add 3 tea bags; let stand 5 minutes. Discard tea bags. Stir in sugar and blueberry juice mixture.
- ☐ Pour into a pitcher; cover and chill 1 hour.
- ☐ Serve over ice.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:5, Glycemic Load:11.2, Inflammation Score:-5, Nutrition Score:6.0069565164006%

Flavonoids

Cyanidin: 13.48mg, Cyanidin: 13.48mg, Cyanidin: 13.48mg, Cyanidin: 13.48mg Petunidin: 50.24mg, Petunidin: 50.24mg, Petunidin: 50.24mg, Petunidin: 50.24mg Delphinidin: 56.45mg, Delphinidin: 56.45mg, Delphinidin: 56.45mg, Delphinidin: 56.45mg Malvidin: 107.7mg, Malvidin: 107.7mg, Malvidin: 107.7mg, Malvidin: 107.7mg Peonidin: 32.33mg, Peonidin: 32.33mg, Peonidin: 32.33mg, Peonidin: 32.33mg Catechin: 8.43mg, Catechin: 8.43mg, Catechin: 8.43mg, Catechin: 8.43mg Epigallocatechin: 1.05mg, Epigallocatechin: 1.05mg, Epigallocatechin: 1.05mg, Epigallocatechin: 1.05mg Epicatechin: 0.99mg, Epicatechin: 0.99mg, Epicatechin: 0.99mg, Epicatechin: 0.99mg Eriodictyol: 0.2mg, Eriodictyol: 0.2mg, Eriodictyol: 0.2mg, Eriodictyol: 0.2mg Hesperetin: 0.59mg, Hesperetin: 0.59mg, Hesperetin: 0.59mg, Hesperetin: 0.59mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Kaempferol: 2.64mg, Kaempferol: 2.64mg, Kaempferol: 2.64mg, Kaempferol: 2.64mg Myricetin: 2.07mg, Myricetin: 2.07mg, Myricetin: 2.07mg, Myricetin: 2.07mg Quercetin: 12.24mg, Quercetin: 12.24mg, Quercetin: 12.24mg, Quercetin: 12.24mg Gallocatechin: 0.19mg, Gallocatechin: 0.19mg, Gallocatechin: 0.19mg, Gallocatechin: 0.19mg

Nutrients (% of daily need)

Calories: 110.97kcal (5.55%), Fat: 0.55g (0.85%), Saturated Fat: 0.05g (0.29%), Carbohydrates: 28.36g (9.45%), Net Carbohydrates: 24.53g (8.92%), Sugar: 20.96g (23.29%), Cholesterol: 0mg (0%), Sodium: 1.68mg (0.07%), Alcohol:

Og (100%), Alcohol %: 0% (100%), Protein: 1.19g (2.39%), Vitamin K: 30.75µg (29.29%), Manganese: 0.54mg (26.8%), Vitamin C: 17.03mg (20.64%), Fiber: 3.84g (15.35%), Vitamin E: 0.91mg (6.1%), Copper: 0.09mg (4.59%), Vitamin B6: 0.08mg (4.24%), Vitamin B1: 0.06mg (4%), Vitamin B2: 0.07mg (3.93%), Potassium: 126.98mg (3.63%), Vitamin B3: 0.67mg (3.35%), Folate: 10.37µg (2.59%), Iron: 0.45mg (2.51%), Magnesium: 9.8mg (2.45%), Vitamin B5: 0.2mg (2.03%), Phosphorus: 19.45mg (1.94%), Vitamin A: 86.29IU (1.73%), Zinc: 0.26mg (1.72%)