

Lemonade Tea



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



10 min.

SERVINGS



20

CALORIES



122 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 3 quarts peach-flavored iced tea
- ☐ 24 ounces lemonade concentrate frozen thawed canned
- ☐ 1 sprig mint leaves fresh

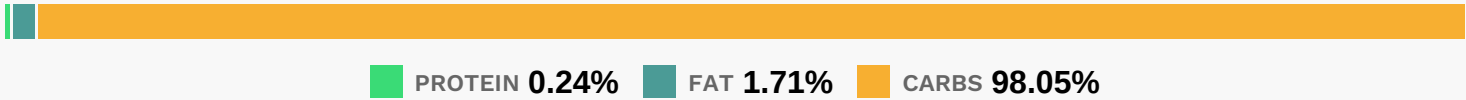
Equipment

- ☐ bowl

Directions

- ☐
- Make lemonade as directed on can, using punch bowl or large container. Stir in tea.
- ☐
- Serve over ice.
- ☐
- Garnish with mint.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:1.0443478135149%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 122.07kcal (6.1%), Fat: 0.24g (0.37%), Saturated Fat: 0.01g (0.05%), Carbohydrates: 30.85g (10.28%), Net Carbohydrates: 30.75g (11.18%), Sugar: 28.81g (32.01%), Cholesterol: 0mg (0%), Sodium: 8.07mg (0.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 7.1mg (2.37%), Protein: 0.08g (0.15%), Manganese: 0.23mg (11.61%), Vitamin C: 4.47mg (5.42%), Potassium: 38.97mg (1.11%)