

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

Equipment



bowl

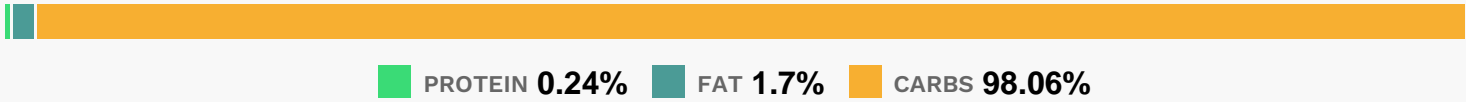
Directions



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:1.0369565226138%

Nutrients (% of daily need)

Calories: 122.04kcal (6.1%), Fat: 0.24g (0.37%), Saturated Fat: 0.01g (0.05%), Carbohydrates: 30.84g (10.28%), Net Carbohydrates: 30.74g (11.18%), Sugar: 28.81g (32.01%), Cholesterol: 0mg (0%), Sodium: 8.06mg (0.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 7.1mg (2.37%), Protein: 0.07g (0.15%), Manganese: 0.23mg (11.58%), Vitamin C: 4.46mg (5.4%), Potassium: 38.69mg (1.11%)