



Mango Ice Tea with Gin



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



90 min.

SERVINGS



8

CALORIES



93 kcal

BEVERAGE

DRINK

Ingredients

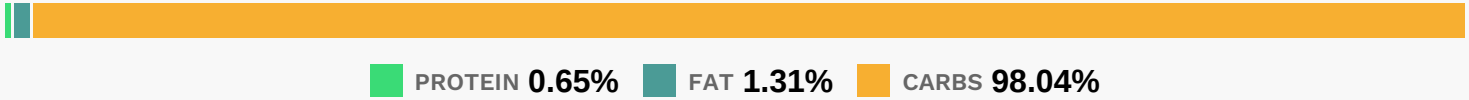
- ☐ 0.5 cup hendrick's gin
- ☐ 8 servings ice cubes as needed
- ☐ 2 cups mango juice fresh chilled
- ☐ 1 slices mangos fresh for garnish
- ☐ 8 servings mint sprigs for garnish
- ☐ 0.3 cup simple syrup glaze (equal parts sugar and water heated until sugar dissolves; cool)
- ☐ 1 quart freshly tea chilled brewed

Equipment

Directions

- ☐ Add the tea, mango juice, gin and simple syrup to a pitcher. Stir and refrigerate until chilled.
- ☐ Serve in glasses filled with ice and garnished with fresh mango slices and mint.

Nutrition Facts



Properties

Glycemic Index:13.44, Glycemic Load:2.81, Inflammation Score:-5, Nutrition Score:1.7052174037241%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Catechin: 2.56mg, Catechin: 2.56mg, Catechin: 2.56mg, Catechin: 2.56mg Epigallocatechin: 9.52mg, Epigallocatechin: 9.52mg, Epigallocatechin: 9.52mg, Epigallocatechin: 9.52mg Epicatechin: 5.44mg, Epicatechin: 5.44mg, Epicatechin: 5.44mg, Epicatechin: 5.44mg Epicatechin 3-gallate: 6.93mg, Epicatechin 3-gallate: 6.93mg, Epicatechin 3-gallate: 6.93mg, Epicatechin 3-gallate: 6.93mg Epigallocatechin 3-gallate: 11.07mg, Epigallocatechin 3-gallate: 11.07mg, Epigallocatechin 3-gallate: 11.07mg, Epigallocatechin 3-gallate: 11.07mg Theaflavin: 1.87mg, Theaflavin: 1.87mg, Theaflavin: 1.87mg, Theaflavin: 1.87mg Thearubigins: 96.17mg, Thearubigins: 96.17mg, Thearubigins: 96.17mg, Thearubigins: 96.17mg Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 1.67mg, Kaempferol: 1.67mg, Kaempferol: 1.67mg, Kaempferol: 1.67mg Myricetin: 0.54mg, Myricetin: 0.54mg, Myricetin: 0.54mg, Myricetin: 0.54mg Quercetin: 2.95mg, Quercetin: 2.95mg, Quercetin: 2.95mg, Quercetin: 2.95mg Theaflavin-3,3'-digallate: 2.07mg, Theaflavin-3,3'-digallate: 2.07mg, Theaflavin-3,3'-digallate: 2.07mg, Theaflavin-3,3'-digallate: 2.07mg Theaflavin-3'-gallate: 1.79mg, Theaflavin-3'-gallate: 1.79mg, Theaflavin-3'-gallate: 1.79mg, Theaflavin-3'-gallate: 1.79mg Gallocatechin: 1.48mg, Gallocatechin: 1.48mg, Gallocatechin: 1.48mg, Gallocatechin: 1.48mg

Nutrients (% of daily need)

Calories: 93.46kcal (4.67%), Fat: 0.09g (0.14%), Saturated Fat: 0.02g (0.12%), Carbohydrates: 15.23g (5.08%), Net Carbohydrates: 15.03g (5.46%), Sugar: 13.69g (15.21%), Cholesterol: 0mg (0%), Sodium: 15.4mg (0.67%), Alcohol: 5.01g (100%), Alcohol %: 2.41% (100%), Caffeine: 23.66mg (7.89%), Protein: 0.1g (0.2%), Manganese: 0.32mg (15.97%), Potassium: 119.22mg (3.41%), Iron: 0.53mg (2.97%), Magnesium: 9.07mg (2.27%), Vitamin B2: 0.04mg (2.16%), Vitamin B1: 0.03mg (1.9%), Copper: 0.04mg (1.85%), Folate: 7.11µg (1.78%), Vitamin C: 0.92mg (1.12%), Calcium: 10.45mg (1.05%)