



Mango Iced Tea

 **Gluten Free**  **Dairy Free**

READY IN



10 min.

SERVINGS



4

CALORIES



113 kcal

BEVERAGE

DRINK

Ingredients

- 6 tea bags black
- 0.3 cup mint leaves fresh
- 4 servings mangos thinly sliced
- 2 cups apricot-mango nectar
- 4 servings sugar
- 1.5 quarts water cold

Equipment

Directions

- Bring water to a boil, turn off heat add tea bags and steep until tea is dark, about 5 minutes.
- Remove bags, add mango nectar and add sugar, to taste. Stir until sugar is dissolved.
- Place in pitcher and add mint leaves.
- Pour over ice and garnish with mango slices.

Nutrition Facts

PROTEIN 0.85% **FAT 1.1%** **CARBS 98.05%**

Properties

Glycemic Index:30.46, Glycemic Load:8.45, Inflammation Score:-6, Nutrition Score:3.391304316728%

Flavonoids

Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Eriodictyol: 0.87mg, Eriodictyol: 0.87mg, Eriodictyol: 0.87mg, Eriodictyol: 0.87mg Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg

Nutrients (% of daily need)

Calories: 112.77kcal (5.64%), Fat: 0.14g (0.22%), Saturated Fat: 0.03g (0.16%), Carbohydrates: 28.96g (9.65%), Net Carbohydrates: 28.34g (10.31%), Sugar: 27.67g (30.75%), Cholesterol: 0mg (0%), Sodium: 25.02mg (1.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.25g (0.5%), Vitamin C: 20.33mg (24.65%), Vitamin A: 998.76IU (19.98%), Copper: 0.09mg (4.34%), Calcium: 39.05mg (3.9%), Manganese: 0.07mg (3.47%), Iron: 0.6mg (3.35%), Folate: 12.42µg (3.11%), Fiber: 0.62g (2.47%), Magnesium: 9.66mg (2.42%), Vitamin E: 0.27mg (1.82%), Potassium: 48.04mg (1.37%), Vitamin B6: 0.02mg (1.18%)