



Mango Tango Tea



Gluten Free



Dairy Free



Low Fod Map

READY IN



10 min.

SERVINGS



10

CALORIES



124 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 12 oz lemonade concentrate frozen thawed canned
- ☐ 6 oz limeade concentrate frozen thawed canned
- ☐ 33.8 oz apricot-mango nectar
- ☐ 5 family-size tea bags
- ☐ 2 cups water hot
- ☐ 4 cups water cold

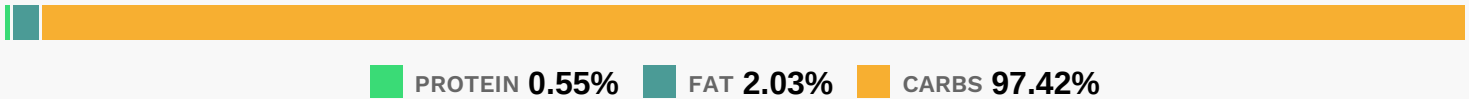
Equipment

- ☐ measuring cup

Directions

- ☐ Combine tea bags and hot water in a 4-cup glass measuring cup, and steep 10 minutes.
- ☐ Remove and discard tea bags.
- ☐ Stir together tea, lemonade and limeade concentrates, mango nectar, and 4 cups cold water. Cover and chill 3 hours.
- ☐ Serve over ice.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-5, Nutrition Score:2.5952174255381%

Nutrients (% of daily need)

Calories: 124.39kcal (6.22%), Fat: 0.3g (0.45%), Saturated Fat: 0.02g (0.14%), Carbohydrates: 31.87g (10.62%), Net Carbohydrates: 31.48g (11.45%), Sugar: 29.28g (32.53%), Cholesterol: 0mg (0%), Sodium: 14.78mg (0.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.18g (0.36%), Vitamin C: 19.55mg (23.7%), Vitamin A: 663.08IU (13.26%), Calcium: 23.27mg (2.33%), Folate: 9.26µg (2.31%), Copper: 0.04mg (2.21%), Iron: 0.38mg (2.09%), Magnesium: 7.02mg (1.75%), Manganese: 0.03mg (1.57%), Fiber: 0.39g (1.56%), Vitamin E: 0.23mg (1.55%), Potassium: 49.19mg (1.41%), Vitamin B6: 0.02mg (1.09%), Vitamin B5: 0.11mg (1.08%)