



## Mint Tea Punch

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



7

CALORIES



278 kcal

BEVERAGE

DRINK

## Ingredients

- 12 ounce lemonade concentrate frozen undiluted thawed canned
- 1 sprigs garnishes: mint lemon fresh
- 8 mint sprigs crushed
- 12 ounce orange juice concentrate frozen undiluted thawed canned
- 1 cup sugar
- 5 regular-size tea bags
- 5 cups water boiling
- 6.8 cups water

# Equipment

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# Directions

Pour 5 cups boiling water over tea bags; add mint sprigs. Cover and steep 5 minutes. Stir in sugar; steep 5 more minutes.

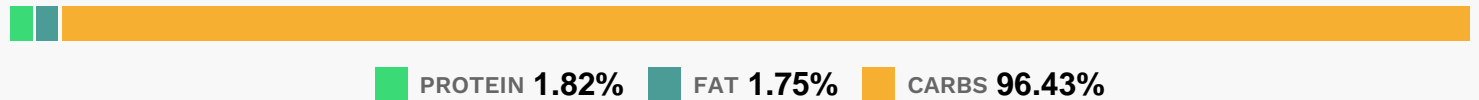
Remove tea bags.

Pour tea through a fine wire-mesh strainer into a pitcher, discarding mint sprigs. Stir in concentrates and 6 3/4 cups water. Chill.

Serve over ice.

Garnish, if desired.

# Nutrition Facts



# Properties

Glycemic Index:10.01, Glycemic Load:19.95, Inflammation Score:-5, Nutrition Score:7.7047824743001%

# Flavonoids

Eriodictyol: 0.4mg, Eriodictyol: 0.4mg, Eriodictyol: 0.4mg, Eriodictyol: 0.4mg Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg

# Nutrients (% of daily need)

Calories: 278.08kcal (13.9%), Fat: 0.57g (0.87%), Saturated Fat: 0.04g (0.27%), Carbohydrates: 70.01g (23.34%), Net Carbohydrates: 69.27g (25.19%), Sugar: 64.57g (71.75%), Cholesterol: 0mg (0%), Sodium: 27.34mg (1.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.32g (2.64%), Vitamin C: 77.24mg (93.63%), Folate: 42.29µg (10.57%), Potassium: 348.57mg (9.96%), Vitamin B1: 0.14mg (9.63%), Vitamin B6: 0.14mg (6.89%), Magnesium: 25.41mg (6.35%), Vitamin B2: 0.09mg (5.52%), Copper: 0.1mg (5.24%), Vitamin A: 238.81IU (4.78%), Calcium: 37.19mg (3.72%), Phosphorus: 33.99mg (3.4%), Vitamin B5: 0.33mg (3.32%), Vitamin B3: 0.61mg (3.03%), Fiber: 0.73g (2.94%), Manganese: 0.05mg (2.3%), Vitamin E: 0.34mg (2.24%), Iron: 0.28mg (1.58%), Zinc: 0.15mg (1.03%)