



Mint Tea Punch

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



90 kcal

BEVERAGE

DRINK

Ingredients

- 12 sprigs mint leaves fresh
- 0.3 cup juice of lemon
- 1 cup orange juice
- 4 tea bags
- 5 cups water cold
- 1 cup sugar white

Equipment

Directions

- Place the tea bags and mint sprigs into a large pitcher.
- Pour boiling water over them, and allow to steep for about 8 minutes.
- Remove and discard the tea bags and mint leaves, squeezing out excess liquid. Stir in sugar until dissolved, then stir in the orange juice and lemon juice.
- Pour in the cold water.
- Serve over ice cubes, garnished with orange or lemon slices.

Nutrition Facts

PROTEIN 1.01% **FAT 1.33%** **CARBS 97.66%**

Properties

Glycemic Index:12.21, Glycemic Load:15.28, Inflammation Score:-2, Nutrition Score:1.5995652217256%

Flavonoids

Eriodictyol: 0.71mg, Eriodictyol: 0.71mg, Eriodictyol: 0.71mg, Eriodictyol: 0.71mg Hesperetin: 3.97mg, Hesperetin: 3.97mg, Hesperetin: 3.97mg, Hesperetin: 3.97mg Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 90.34kcal (4.52%), Fat: 0.14g (0.21%), Saturated Fat: 0.01g (0.07%), Carbohydrates: 23.1g (7.7%), Net Carbohydrates: 22.93g (8.34%), Sugar: 22.2g (24.66%), Cholesterol: 0mg (0%), Sodium: 6.8mg (0.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.24g (0.48%), Vitamin C: 15.14mg (18.35%), Folate: 10.03µg (2.51%), Vitamin A: 100.94IU (2.02%), Copper: 0.04mg (1.81%), Potassium: 63.11mg (1.8%), Vitamin B1: 0.02mg (1.65%), Magnesium: 5.24mg (1.31%)