



Minted Tea Punch



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



9

CALORIES



103 kcal

BEVERAGE

DRINK

Ingredients

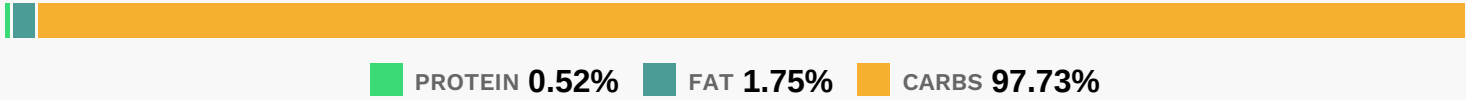
- ☐ 0.5 cup mint leaves fresh loosely packed
- ☐ 6 ounce froze lemonade concentrate undiluted thawed canned
- ☐ 1 slices garnish: lemon and mint sprigs fresh
- ☐ 0.8 cup sugar
- ☐ 4 family-size decaffeninated tea bags
- ☐ 4 cups water boiling
- ☐ 4 cups water cold

Equipment

Directions

- ☐
- Pour 4 cups boiling water over tea bags and mint leaves. Cover and steep 3 minutes; remove and discard tea bags and mint. Stir in sugar until dissolved. Stir in lemonade concentrate and 4 cups cold water; chill.
- ☐
- Serve punch over ice.
- ☐
- Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:7.79, Glycemic Load:11.64, Inflammation Score:-1, Nutrition Score:0.86608696469794%

Flavonoids

Eriodictyol: 0.81mg, Eriodictyol: 0.81mg, Eriodictyol: 0.81mg, Eriodictyol: 0.81mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg

Nutrients (% of daily need)

Calories: 103.04kcal (5.15%), Fat: 0.21g (0.32%), Saturated Fat: 0.01g (0.07%), Carbohydrates: 26.42g (8.81%), Net Carbohydrates: 26.15g (9.51%), Sugar: 25.04g (27.83%), Cholesterol: 0mg (0%), Sodium: 12.81mg (0.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.14g (0.28%), Vitamin C: 3.31mg (4.01%), Copper: 0.05mg (2.29%), Vitamin A: 110.92IU (2.22%), Manganese: 0.03mg (1.69%), Calcium: 14.14mg (1.41%), Magnesium: 5.51mg (1.38%), Folate: 4.3µg (1.07%), Fiber: 0.27g (1.06%)