



Napa Valley Iced Tea

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN

ready

5 min.

SERVINGS

servings

10

CALORIES

calories

149 kcal

BEVERAGE

DRINK

Ingredients

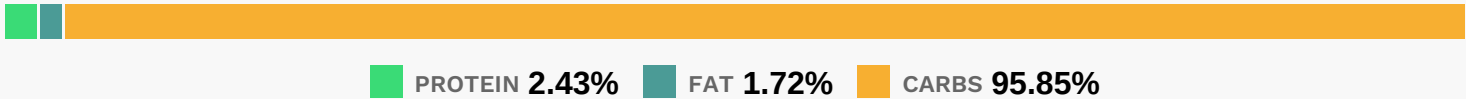
- ☐ 10 servings ice cubes
- ☐ 64 ounces peach-flavored iced tea unsweetened
- ☐ 1 slices optional: lemon for garnish
- ☐ 10 servings lemon-lime soda
- ☐ 0.7 cup super sugar fine
- ☐ 32 ounces lemon vodka

Equipment

Directions

- ☐ Put vodka, tea and sugar in a pitcher and give it a good stir to mix.
- ☐ Pour over ice in a Collins glass and top off each glass with a splash of lemon-lime soda.
- ☐ Serve with a slice of lemon.

Nutrition Facts



Properties

Glycemic Index:12.11, Glycemic Load:10.83, Inflammation Score:-3, Nutrition Score:5.0613043230513%

Flavonoids

Eriodictyol: 19.53mg, Eriodictyol: 19.53mg, Eriodictyol: 19.53mg, Eriodictyol: 19.53mg Hesperetin: 25.51mg, Hesperetin: 25.51mg, Hesperetin: 25.51mg, Hesperetin: 25.51mg Naringenin: 0.5mg, Naringenin: 0.5mg, Naringenin: 0.5mg, Naringenin: 0.5mg Luteolin: 1.74mg, Luteolin: 1.74mg, Luteolin: 1.74mg, Luteolin: 1.74mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg

Nutrients (% of daily need)

Calories: 149.02kcal (7.45%), Fat: 0.32g (0.49%), Saturated Fat: 0.04g (0.22%), Carbohydrates: 39.63g (13.21%), Net Carbohydrates: 37.07g (13.48%), Sugar: 33.17g (36.85%), Cholesterol: 0mg (0%), Sodium: 12.12mg (0.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 9.22mg (3.07%), Protein: 1.01g (2.01%), Vitamin C: 48.45mg (58.73%), Manganese: 0.32mg (15.91%), Fiber: 2.56g (10.24%), Potassium: 144.58mg (4.13%), Vitamin B6: 0.07mg (3.66%), Calcium: 31.05mg (3.1%), Iron: 0.56mg (3.09%), Copper: 0.05mg (2.64%), Folate: 10.06µg (2.51%), Vitamin B1: 0.04mg (2.44%), Magnesium: 9.7mg (2.42%), Vitamin B5: 0.17mg (1.74%), Phosphorus: 16.44mg (1.64%), Vitamin B2: 0.02mg (1.22%)