



Peach and Mint Iced Tea



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



78 kcal

BEVERAGE

DRINK

Ingredients

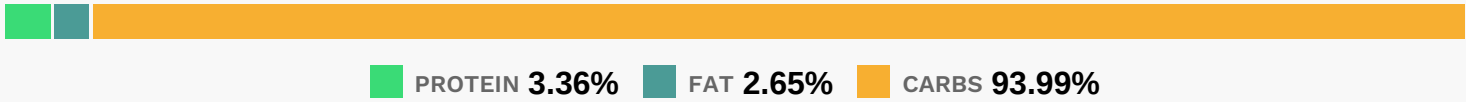
- ☐ 1 small bunch mint leaves fresh
- ☐ 4 peaches ripe cut into 1/2-inch pieces
- ☐ 8 servings sugar to taste (if desired)
- ☐ 8 ginger tea bags
- ☐ 8 cups water boiling

Equipment

Directions

- ☐ Pour the water into a heat-resistant pitcher.
- ☐ Add the tea bags and let steep for 10 minutes.
- ☐ Remove and discard the bags and allow the tea to cool to room temperature before refrigerating.
- ☐ Add the peaches, mint, and sugar (if using). Strain, if desired.
- ☐ Pour over ice.

Nutrition Facts



Properties

Glycemic Index:13.79, Glycemic Load:10.97, Inflammation Score:-3, Nutrition Score:2.1530434826146%

Flavonoids

Cyanidin: 1.44mg, Cyanidin: 1.44mg, Cyanidin: 1.44mg, Cyanidin: 1.44mg Catechin: 3.69mg, Catechin: 3.69mg, Catechin: 3.69mg, Catechin: 3.69mg Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg Epicatechin: 1.75mg, Epicatechin: 1.75mg, Epicatechin: 1.75mg, Epicatechin: 1.75mg Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg

Nutrients (% of daily need)

Calories: 78.05kcal (3.9%), Fat: 0.25g (0.38%), Saturated Fat: 0.02g (0.1%), Carbohydrates: 19.6g (6.53%), Net Carbohydrates: 18.44g (6.7%), Sugar: 18.27g (20.3%), Cholesterol: 0mg (0%), Sodium: 21.85mg (0.95%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 0.7g (1.4%), Vitamin A: 265.74IU (5.31%), Copper: 0.1mg (4.94%), Fiber: 1.16g (4.66%), Vitamin C: 3.23mg (3.92%), Vitamin E: 0.55mg (3.65%), Vitamin B3: 0.61mg (3.07%), Potassium: 94.58mg (2.7%), Manganese: 0.05mg (2.61%), Selenium: 1.65µg (2.35%), Magnesium: 8.77mg (2.19%), Vitamin K: 2.25µg (2.14%), Phosphorus: 16.86mg (1.69%), Iron: 0.29mg (1.59%), Vitamin B2: 0.03mg (1.58%), Zinc: 0.2mg (1.35%), Folate: 5.07µg (1.27%), Vitamin B1: 0.02mg (1.23%), Vitamin B5: 0.12mg (1.16%), Calcium: 11.43mg (1.14%)