



Peach-Basil Iced Tea



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



20 min.

SERVINGS



10

CALORIES



89 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 10 servings basil fresh
- ☐ 1 cup basil fresh loosely packed
- ☐ 10 servings ice crushed
- ☐ 3 cups peach nectar
- ☐ 0.7 cup sugar
- ☐ 2 ginger tea bags

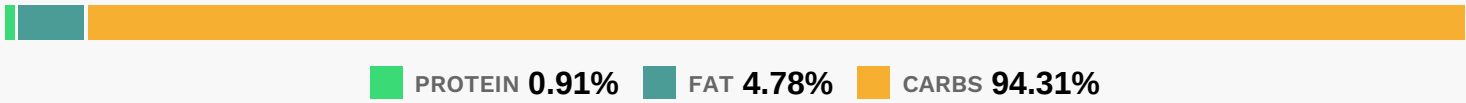
Equipment

- ☐ sauce pan

Directions

- ☐ Bring 8 cups water to a boil in a large saucepan.
- ☐ Pour boiling water over tea bags and basil in a pitcher; cover and steep 6 minutes.
- ☐ Remove and discard tea bags and basil.
- ☐ Add sugar, stirring until dissolved; stir in peach nectar.
- ☐ Serve over crushed ice.

Nutrition Facts



Properties

Glycemic Index:21.01, Glycemic Load:9.34, Inflammation Score:-3, Nutrition Score:2.1126086841459%

Nutrients (% of daily need)

Calories: 88.95kcal (4.45%), Fat: 0.5g (0.76%), Saturated Fat: 0.03g (0.18%), Carbohydrates: 22.06g (7.35%), Net Carbohydrates: 21.92g (7.97%), Sugar: 22.36g (24.84%), Cholesterol: 0mg (0%), Sodium: 8.58mg (0.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.21g (0.43%), Vitamin K: 19.16µg (18.24%), Vitamin A: 424.83IU (8.5%), Manganese: 0.07mg (3.26%), Vitamin B1: 0.05mg (3.09%), Vitamin B6: 0.03mg (1.72%), Vitamin E: 0.25mg (1.68%), Copper: 0.03mg (1.57%), Magnesium: 5.81mg (1.45%), Calcium: 12.43mg (1.24%), Iron: 0.2mg (1.1%), Potassium: 35.66mg (1.02%)