



Peach Iced Tea



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



214 kcal

BEVERAGE

DRINK

Ingredients



0.3 cup juice of lemon fresh



34.5 ounce peach nectar canned



1 cup sugar



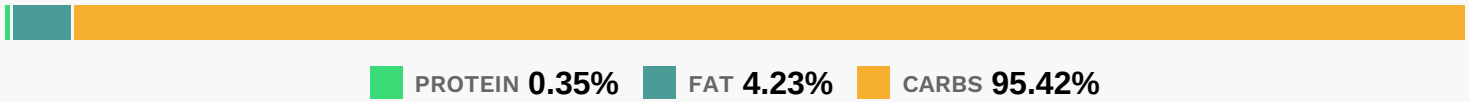
2 quarts freshly tea brewed

Equipment

Directions

Stir together all ingredients; chill until ready to serve.

Nutrition Facts



Properties

Glycemic Index:11.68, Glycemic Load:23.27, Inflammation Score:-8, Nutrition Score:4.0795652840448%

Flavonoids

Catechin: 4.76mg, Catechin: 4.76mg, Catechin: 4.76mg, Catechin: 4.76mg Epigallocatechin: 25.39mg, Epigallocatechin: 25.39mg, Epigallocatechin: 25.39mg, Epigallocatechin: 25.39mg Epicatechin: 6.72mg, Epicatechin: 6.72mg, Epicatechin: 6.72mg, Epicatechin: 6.72mg Epicatechin 3-gallate: 18.49mg, Epicatechin 3-gallate: 18.49mg, Epicatechin 3-gallate: 18.49mg, Epicatechin 3-gallate: 18.49mg Epigallocatechin 3-gallate: 29.53mg, Epigallocatechin 3-gallate: 29.53mg, Epigallocatechin 3-gallate: 29.53mg, Epigallocatechin 3-gallate: 29.53mg Theaflavin: 4.98mg, Theaflavin: 4.98mg, Theaflavin: 4.98mg, Theaflavin: 4.98mg Thearubigins: 256.46mg, Thearubigins: 256.46mg, Thearubigins: 256.46mg, Thearubigins: 256.46mg Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Kaempferol: 4.45mg, Kaempferol: 4.45mg, Kaempferol: 4.45mg, Kaempferol: 4.45mg Myricetin: 1.42mg, Myricetin: 1.42mg, Myricetin: 1.42mg, Myricetin: 1.42mg Quercetin: 6.95mg, Quercetin: 6.95mg, Quercetin: 6.95mg, Quercetin: 6.95mg Theaflavin-3,3'-digallate: 5.52mg, Theaflavin-3,3'-digallate: 5.52mg, Theaflavin-3,3'-digallate: 5.52mg, Theaflavin-3,3'-digallate: 5.52mg Theaflavin-3'-gallate: 4.76mg, Theaflavin-3'-gallate: 4.76mg, Theaflavin-3'-gallate: 4.76mg, Theaflavin-3'-gallate: 4.76mg Gallocatechin: 3.94mg, Gallocatechin: 3.94mg, Gallocatechin: 3.94mg, Gallocatechin: 3.94mg

Nutrients (% of daily need)

Calories: 213.6kcal (10.68%), Fat: 1.06g (1.63%), Saturated Fat: 0.07g (0.44%), Carbohydrates: 53.76g (17.92%), Net Carbohydrates: 53.56g (19.48%), Sugar: 53.25g (59.16%), Cholesterol: 0mg (0%), Sodium: 27.83mg (1.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 63.09mg (21.03%), Protein: 0.2g (0.4%), Manganese: 0.72mg (36.22%), Vitamin A: 421.18IU (8.42%), Vitamin B1: 0.1mg (6.68%), Potassium: 176.76mg (5.05%), Folate: 19.44µg (4.86%), Vitamin C: 3.93mg (4.77%), Vitamin B2: 0.08mg (4.5%), Magnesium: 16.59mg (4.15%), Vitamin B6: 0.06mg (3.25%), Vitamin E: 0.49mg (3.25%), Copper: 0.06mg (3.24%), Vitamin K: 1.96µg (1.86%), Vitamin B5: 0.16mg (1.59%), Iron: 0.2mg (1.12%), Calcium: 10.72mg (1.07%)