



Peach Orange Iced Tea

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



70 min.

SERVINGS



8

CALORIES



19 kcal

BEVERAGE

DRINK

Ingredients

- 1 3 large clementines peeled
- 1 large peaches fresh sliced
- 4 earl grey tea bags
- 8 cups water boiling
- 1 tablespoon sugar white to taste

Equipment

- slotted spoon

Directions

- Place peach, clementine, and sugar in a pitcher. Mash the fruit using a spoon; add water and tea bags and stir. Refrigerate until cool, about 1 hour.
- Remove fruit and tea bags using a slotted spoon.

Nutrition Facts

 **PROTEIN 5.27%**  **FAT 3.32%**  **CARBS 91.41%**

Properties

Glycemic Index:22.54, Glycemic Load:2.47, Inflammation Score:-1, Nutrition Score:1.1352173906306%

Flavonoids

Cyanidin: 0.42mg, Cyanidin: 0.42mg, Cyanidin: 0.42mg, Cyanidin: 0.42mg Catechin: 1.08mg, Catechin: 1.08mg, Catechin: 1.08mg, Catechin: 1.08mg Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg Epicatechin: 0.52mg, Epicatechin: 0.52mg, Epicatechin: 0.52mg, Epicatechin: 0.52mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg Theaflavin: 0.01mg, Theaflavin: 0.01mg, Theaflavin: 0.01mg, Theaflavin: 0.01mg Thearubigins: 0.41mg, Thearubigins: 0.41mg, Thearubigins: 0.41mg, Thearubigins: 0.41mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg Theaflavin-3,3'-digallate: 0.01mg, Theaflavin-3,3'-digallate: 0.01mg, Theaflavin-3,3'-digallate: 0.01mg, Theaflavin-3,3'-digallate: 0.01mg Theaflavin-3'-gallate: 0.01mg, Theaflavin-3'-gallate: 0.01mg, Theaflavin-3'-gallate: 0.01mg, Theaflavin-3'-gallate: 0.01mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 19.32kcal (0.97%), Fat: 0.08g (0.12%), Saturated Fat: 0g (0.03%), Carbohydrates: 4.82g (1.61%), Net Carbohydrates: 4.33g (1.58%), Sugar: 4.18g (4.65%), Cholesterol: 0mg (0%), Sodium: 14.8mg (0.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.28g (0.56%), Vitamin C: 5.41mg (6.56%), Copper: 0.06mg (2.95%), Fiber: 0.49g (1.94%), Vitamin A: 71.31IU (1.43%), Magnesium: 5.06mg (1.26%), Potassium: 43.28mg (1.24%), Vitamin E: 0.18mg (1.19%), Vitamin B3: 0.24mg (1.18%), Calcium: 10.76mg (1.08%)