

Peach Tea



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



8

CALORIES



16 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 2 peaches fresh pitted peeled sliced
- ☐ 1.5 teaspoons stevia powder
- ☐ 3 family size tea bags
- ☐ 1 cup water

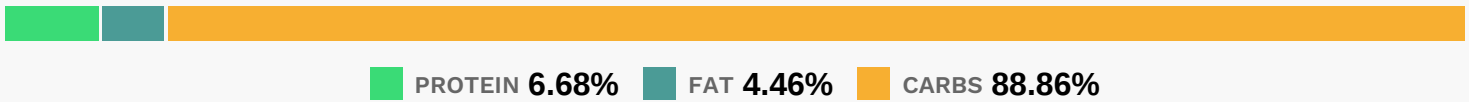
Equipment

- ☐ sauce pan
- ☐ blender

Directions

- ☐ Bring 3 cups water to a boil in a saucepan over high heat.
- ☐ Add the tea bags, and steep for 15 minutes.
- ☐ Remove tea bags.
- ☐ Meanwhile, place peaches with 1 cup water into the jar of a blender, and blend until very smooth.
- ☐ Pour the peach mixture, tea, and stevia powder into a 1 gallon pitcher. Fill the pitcher to the top with water, and stir until blended.

Nutrition Facts



Properties

Glycemic Index:5.03, Glycemic Load:1.3, Inflammation Score:-1, Nutrition Score:0.96956522114899%

Flavonoids

Cyanidin: 0.72mg, Cyanidin: 0.72mg, Cyanidin: 0.72mg, Cyanidin: 0.72mg Catechin: 1.85mg, Catechin: 1.85mg, Catechin: 1.85mg, Catechin: 1.85mg Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg Epicatechin: 0.88mg, Epicatechin: 0.88mg, Epicatechin: 0.88mg, Epicatechin: 0.88mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 15.75kcal (0.79%), Fat: 0.1g (0.16%), Saturated Fat: 0.01g (0.04%), Carbohydrates: 4.54g (1.51%), Net Carbohydrates: 3.97g (1.45%), Sugar: 3.15g (3.5%), Cholesterol: 0mg (0%), Sodium: 6.35mg (0.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.34g (0.68%), Vitamin A: 122.25IU (2.44%), Fiber: 0.56g (2.25%), Vitamin C: 1.54mg (1.86%), Vitamin E: 0.27mg (1.83%), Copper: 0.03mg (1.7%), Vitamin B3: 0.3mg (1.51%), Potassium: 45.75mg (1.31%), Manganese: 0.02mg (1.14%), Selenium: 0.79µg (1.13%), Vitamin K: 1.13µg (1.07%)