



Peachy Iced Tea Sangria

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



7

CALORIES



55 kcal

SIDE DISH

Ingredients

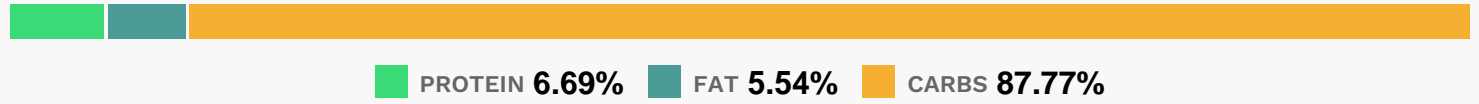
- 1 cup blueberries fresh
- 1 cup orange juice
- 2 peaches fresh sliced
- 1 cup raspberries fresh
- 5 cups water cold

Equipment

Directions

- Add water and juice to drink mix in 2-qt. plastic or glass pitcher; stir until mix is dissolved.
- Stir in fruit.
- Serve over ice.

Nutrition Facts



Properties

Glycemic Index:22.61, Glycemic Load:4.63, Inflammation Score:-4, Nutrition Score:4.6756522292676%

Flavonoids

Cyanidin: 10.46mg, Cyanidin: 10.46mg, Cyanidin: 10.46mg, Cyanidin: 10.46mg Petunidin: 6.72mg, Petunidin: 6.72mg, Petunidin: 6.72mg, Petunidin: 6.72mg Delphinidin: 7.72mg, Delphinidin: 7.72mg, Delphinidin: 7.72mg, Delphinidin: 7.72mg Malvidin: 14.31mg, Malvidin: 14.31mg, Malvidin: 14.31mg, Malvidin: 14.31mg Pelargonidin: 0.17mg, Pelargonidin: 0.17mg, Pelargonidin: 0.17mg, Pelargonidin: 0.17mg Peonidin: 4.31mg, Peonidin: 4.31mg, Peonidin: 4.31mg, Peonidin: 4.31mg Catechin: 3.45mg, Catechin: 3.45mg, Catechin: 3.45mg, Catechin: 3.45mg Epigallocatechin: 0.66mg, Epigallocatechin: 0.66mg, Epigallocatechin: 0.66mg, Epigallocatechin: 0.66mg Epicatechin: 1.74mg, Epicatechin: 1.74mg, Epicatechin: 1.74mg, Epicatechin: 1.74mg Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 4.23mg, Hesperetin: 4.23mg, Hesperetin: 4.23mg, Hesperetin: 4.23mg Naringenin: 0.76mg, Naringenin: 0.76mg, Naringenin: 0.76mg, Naringenin: 0.76mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 2.17mg, Quercetin: 2.17mg, Quercetin: 2.17mg, Quercetin: 2.17mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 54.91kcal (2.75%), Fat: 0.37g (0.57%), Saturated Fat: 0.03g (0.16%), Carbohydrates: 13.12g (4.37%), Net Carbohydrates: 10.78g (3.92%), Sugar: 9.44g (10.48%), Cholesterol: 0mg (0%), Sodium: 14.76mg (0.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1g (2%), Vitamin C: 26.01mg (31.53%), Manganese: 0.22mg (10.85%), Fiber: 2.34g (9.34%), Vitamin K: 6.74µg (6.42%), Copper: 0.1mg (5.18%), Potassium: 165.31mg (4.72%), Vitamin A: 227.65IU (4.55%), Folate: 18.07µg (4.52%), Vitamin E: 0.6mg (3.98%), Vitamin B1: 0.06mg (3.7%), Magnesium: 14.06mg (3.51%), Vitamin B3: 0.68mg (3.39%), Phosphorus: 22.96mg (2.3%), Vitamin B2: 0.04mg (2.3%), Vitamin B6: 0.05mg (2.27%), Iron: 0.39mg (2.19%), Vitamin B5: 0.22mg (2.16%), Calcium: 16.24mg (1.62%), Zinc: 0.24mg (1.59%), Selenium: 0.99µg (1.42%)