



Pineapple Iced Tea Punch



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



5

CALORIES



303 kcal

BEVERAGE

DRINK

Ingredients

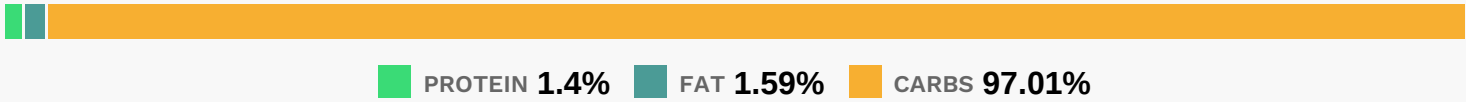
- ☐ 1 cup juice of lemon
- ☐ 46 oz pineapple juice unsweetened canned
- ☐ 1 cup sugar
- ☐ 2 family-size tea bags
- ☐ 5 cups water divided

Equipment

Directions

- ☐ Bring 3 cups water to a boil; add tea bags. Boil 1 minute, and remove from heat; cover and steep 10 minutes.
- ☐ Remove and discard tea bags.
- ☐ Add sugar, stirring until dissolved.
- ☐ Pour into a 1-gal. container. Stir in remaining 2 cups water, pineapple juice, and lemon juice.
- ☐ Serve over ice.

Nutrition Facts



Properties

Glycemic Index:23.22, Glycemic Load:43.13, Inflammation Score:-4, Nutrition Score:9.561738954938%

Flavonoids

Eriodictyol: 2.38mg, Eriodictyol: 2.38mg, Eriodictyol: 2.38mg, Eriodictyol: 2.38mg Hesperetin: 7.06mg, Hesperetin: 7.06mg, Hesperetin: 7.06mg, Hesperetin: 7.06mg Naringenin: 0.67mg, Naringenin: 0.67mg, Naringenin: 0.67mg, Naringenin: 0.67mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 302.97kcal (15.15%), Fat: 0.56g (0.86%), Saturated Fat: 0.04g (0.25%), Carbohydrates: 76.77g (25.59%), Net Carbohydrates: 76.11g (27.67%), Sugar: 67.18g (74.64%), Cholesterol: 0mg (0%), Sodium: 17.93mg (0.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.11g (2.22%), Manganese: 1.32mg (66.1%), Vitamin C: 44.97mg (54.51%), Folate: 56.71µg (14.18%), Vitamin B6: 0.28mg (14.16%), Copper: 0.23mg (11.42%), Potassium: 390.12mg (11.15%), Vitamin B1: 0.16mg (10.87%), Magnesium: 36.59mg (9.15%), Iron: 0.87mg (4.82%), Calcium: 44.33mg (4.43%), Vitamin B2: 0.07mg (4.1%), Vitamin B3: 0.56mg (2.82%), Fiber: 0.67g (2.67%), Phosphorus: 24.77mg (2.48%), Zinc: 0.34mg (2.26%), Vitamin B5: 0.21mg (2.1%)