



Pineapple-Mint Iced Tea



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



47 kcal

BEVERAGE

DRINK

Ingredients



0.8 cup pineapple juice concentrate thawed



2 tablespoons sugar



8 regular-sized mint tea bags



3.5 cups water boiling

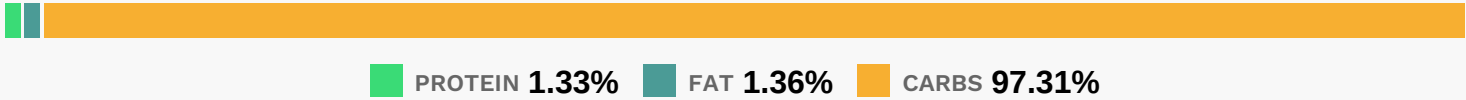
Equipment

Directions

- ☐
- Combine boiling water and tea bags. Cover and steep 7 minutes.

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Nutrition Facts



Properties

Glycemic Index:29.02, Glycemic Load:6.77, Inflammation Score:-1, Nutrition Score:1.4747826141184%

Nutrients (% of daily need)

Calories: 46.55kcal (2.33%), Fat: 0.07g (0.11%), Saturated Fat: 0g (0.02%), Carbohydrates: 11.67g (3.89%), Net Carbohydrates: 11.58g (4.21%), Sugar: 10.4g (11.56%), Cholesterol: 0mg (0%), Sodium: 11.3mg (0.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.16g (0.32%), Manganese: 0.22mg (11.16%), Vitamin C: 4.43mg (5.36%), Copper: 0.06mg (3.2%), Vitamin B6: 0.04mg (2.21%), Folate: 7.97µg (1.99%), Magnesium: 7.38mg (1.85%), Vitamin B1: 0.03mg (1.71%), Potassium: 57.65mg (1.65%), Calcium: 12.02mg (1.2%)