

Pineapple Tea



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



12

CALORIES



208 kcal

BEVERAGE

DRINK

Ingredients

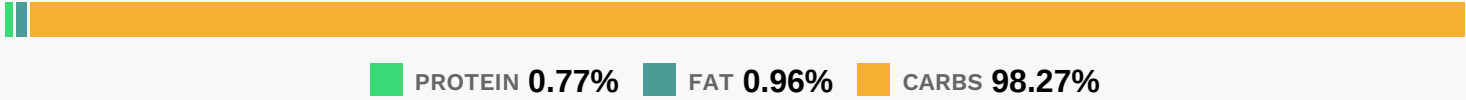
- ☐ 12 cups peach-flavored iced tea
- ☐ 1.5 cups juice of lemon
- ☐ 36 ounces pineapple juice unsweetened thawed canned
- ☐ 1 cup sugar

Equipment

Directions

- ☐
- Mix juice concentrate, lemon juice and sugar in large pitcher until sugar is dissolved.
- ☐
- Stir in tea. Store covered in refrigerator.

Nutrition Facts



Properties

Glycemic Index:9.67, Glycemic Load:16.59, Inflammation Score:-1, Nutrition Score:4.4621738587385%

Flavonoids

Eriodictyol: 1.49mg, Eriodictyol: 1.49mg, Eriodictyol: 1.49mg, Eriodictyol: 1.49mg Hesperetin: 4.41mg, Hesperetin: 4.41mg, Hesperetin: 4.41mg, Hesperetin: 4.41mg Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 207.99kcal (10.4%), Fat: 0.23g (0.35%), Saturated Fat: 0.02g (0.12%), Carbohydrates: 52.71g (17.57%), Net Carbohydrates: 52.45g (19.07%), Sugar: 48.62g (54.02%), Cholesterol: 0mg (0%), Sodium: 11.61mg (0.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 11.8mg (3.93%), Protein: 0.41g (0.83%), Manganese: 0.81mg (40.53%), Vitamin C: 20.31mg (24.62%), Folate: 21.41µg (5.35%), Vitamin B6: 0.1mg (4.95%), Potassium: 165.91mg (4.74%), Copper: 0.08mg (3.83%), Vitamin B1: 0.06mg (3.78%), Magnesium: 14.4mg (3.6%), Calcium: 20.13mg (2.01%), Iron: 0.3mg (1.65%), Vitamin B2: 0.03mg (1.51%), Phosphorus: 11.6mg (1.16%), Fiber: 0.26g (1.05%)