

Pineapple Tea



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



10 min.

SERVINGS



12

CALORIES



289 kcal

BEVERAGE

DRINK

Ingredients

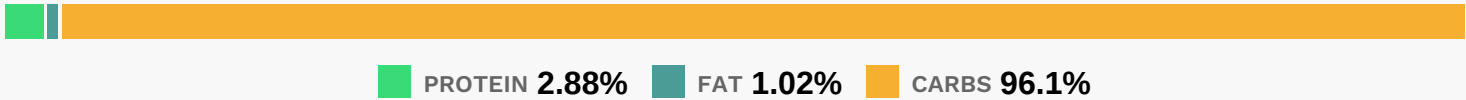
- ☐ 36 ounces orange juice concentrate unsweetened thawed canned
- ☐ 1.5 cups juice of lemon
- ☐ 1 cup sugar
- ☐ 12 cups peach-flavored iced tea

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:5.84, Glycemic Load:11.64, Inflammation Score:-7, Nutrition Score:10.541739116544%

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: 288.79kcal (14.44%), Fat: 0.34g (0.52%), Saturated Fat: 0.06g (0.39%), Carbohydrates: 71.7g (23.9%), Net Carbohydrates: 70.76g (25.73%), Sugar: 65.39g (72.65%), Cholesterol: 0mg (0%), Sodium: 15.87mg (0.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 11.8mg (3.93%), Protein: 2.15g (4.3%), Vitamin C: 135.12mg (163.79%), Manganese: 0.42mg (21.14%), Folate: 71.59µg (17.9%), Potassium: 590.3mg (16.87%), Vitamin B1: 0.24mg (16.08%), Vitamin B6: 0.24mg (11.76%), Vitamin B2: 0.16mg (9.21%), Magnesium: 33.96mg (8.49%), Vitamin A: 324.16IU (6.48%), Phosphorus: 56.68mg (5.67%), Vitamin B5: 0.52mg (5.16%), Vitamin B3: 0.95mg (4.77%), Calcium: 41.4mg (4.14%), Fiber: 0.94g (3.77%), Vitamin E: 0.56mg (3.71%), Copper: 0.07mg (3.4%), Iron: 0.31mg (1.74%), Zinc: 0.18mg (1.18%)