

Raspberry Ice Tea



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



10 min.

SERVINGS



16

CALORIES



84 kcal

BEVERAGE

DRINK

Ingredients

- 0.3 cup juice of lemon
- 12 ounces raspberries unsweetened frozen
- 1.5 cups sugar
- 10 ginger tea bags
- 4 quarts water

Equipment

- dutch oven

Directions

- In a Dutch oven, bring water and sugar to a boil.
- Remove from the heat; stir until sugar is dissolved.
- Add the raspberries, tea bags and lemon juice. Cover and steep for 3 minutes. Strain; discard berries and tea bags.
- Transfer tea to a large container or pitcher. Refrigerate until chilled.
- Serve over ice.

Nutrition Facts

PROTEIN 1.21% **FAT 2.1%** **CARBS 96.69%**

Properties

Glycemic Index:6.01, Glycemic Load:13.39, Inflammation Score:-1, Nutrition Score:1.6747826052749%

Flavonoids

Cyanidin: 9.73mg, Cyanidin: 9.73mg, Cyanidin: 9.73mg, Cyanidin: 9.73mg Petunidin: 0.07mg, Petunidin: 0.07mg, Petunidin: 0.07mg, Petunidin: 0.07mg Delphinidin: 0.28mg, Delphinidin: 0.28mg, Delphinidin: 0.28mg, Delphinidin: 0.28mg Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Pelargonidin: 0.21mg, Pelargonidin: 0.21mg, Pelargonidin: 0.21mg, Pelargonidin: 0.21mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 0.28mg, Catechin: 0.28mg, Catechin: 0.28mg, Catechin: 0.28mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 0.75mg, Epicatechin: 0.75mg, Epicatechin: 0.75mg, Epicatechin: 0.75mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg Hesperetin: 0.55mg, Hesperetin: 0.55mg, Hesperetin: 0.55mg, Hesperetin: 0.55mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 84.08kcal (4.2%), Fat: 0.21g (0.32%), Saturated Fat: 0.01g (0.03%), Carbohydrates: 21.47g (7.16%), Net Carbohydrates: 20.07g (7.3%), Sugar: 19.75g (21.94%), Cholesterol: 0mg (0%), Sodium: 12.27mg (0.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.27g (0.54%), Vitamin C: 7.05mg (8.54%), Manganese: 0.14mg (7.18%), Fiber: 1.39g (5.57%), Copper: 0.06mg (2.95%), Magnesium: 7.27mg (1.82%), Vitamin K: 1.66µg (1.58%), Folate: 5.23µg (1.31%), Calcium: 12.83mg (1.28%), Vitamin E: 0.19mg (1.27%), Potassium: 36.41mg (1.04%)