



## Raspberry Iced Tea

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



15 min.

SERVINGS



8

CALORIES



107 kcal

BEVERAGE

DRINK

### Ingredients

- 8 servings ice cubes
- 0.5 cup powdered lemonade mix country time® (such as )
- 1 cup raspberries fresh
- 9 ounce gallon-size tea bags
- 1 gallon water
- 0.5 cup sugar white

### Equipment

- pot

## Directions

- Bring the water to a boil in a large pot, and stir in the tea bags, raspberries, and sugar until the sugar has dissolved. Allow the mixture to steep until the desired level of tea flavor is reached, 3 to 5 minutes; remove tea bags, and stir in the lemonade mix until dissolved.
- Pour tea into pitchers, and add ice to cool.

## Nutrition Facts

**PROTEIN 0.64%** **FAT 2.23%** **CARBS 97.13%**

## Properties

Glycemic Index:12.01, Glycemic Load:8.94, Inflammation Score:-2, Nutrition Score:2.094347861474%

## Flavonoids

Cyanidin: 6.87mg, Cyanidin: 6.87mg, Cyanidin: 6.87mg, Cyanidin: 6.87mg Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 0.15mg, Pelargonidin: 0.15mg, Pelargonidin: 0.15mg, Pelargonidin: 0.15mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.53mg, Epicatechin: 0.53mg, Epicatechin: 0.53mg, Epicatechin: 0.53mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

## Nutrients (% of daily need)

Calories: 107.43kcal (5.37%), Fat: 0.28g (0.43%), Saturated Fat: 0g (0.02%), Carbohydrates: 27.48g (9.16%), Net Carbohydrates: 26.45g (9.62%), Sugar: 26.04g (28.93%), Cholesterol: 0mg (0%), Sodium: 33.68mg (1.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.18g (0.36%), Vitamin C: 9.37mg (11.35%), Magnesium: 42.25mg (10.56%), Copper: 0.11mg (5.26%), Manganese: 0.1mg (5.16%), Fiber: 1.03g (4.12%), Calcium: 22.48mg (2.25%), Potassium: 42.93mg (1.23%), Vitamin K: 1.17µg (1.11%)