



Raspberry-Lemon Tea



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



183 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 6 ounce lemonade concentrate undiluted thawed canned
- ☐ 10 ounce raspberries in syrup frozen thawed undrained
- ☐ 0.5 cup sugar
- ☐ 3 family-size tea bags
- ☐ 6.3 cups water boiling

Equipment

- ☐ bowl
- ☐ sieve

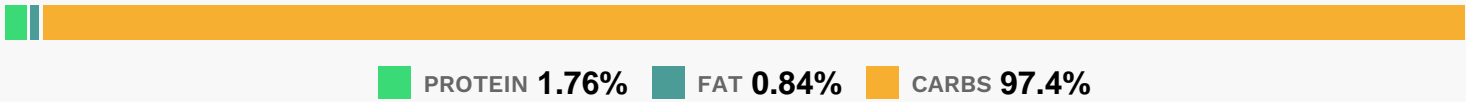
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blender

Directions

- ☐ Combine first 3 ingredients; stir well. Cover and steep 5 minutes.
- ☐ Remove tea bags, squeezing gently.
- ☐ Place raspberries in a blender. Process until smooth.
- ☐ Pour pured berries through a fine sieve over a bowl, reserving liquid. Discard seeds.
- ☐ Combine tea, raspberry liquid, and lemonade concentrate in a large pitcher. Chill.
- ☐ Serve over ice.

Nutrition Facts



Properties

Glycemic Index:8.76, Glycemic Load:8.73, Inflammation Score:1, Nutrition Score:0.52391304205293%

Nutrients (% of daily need)

Calories: 182.64kcal (9.13%), Fat: 0.19g (0.29%), Saturated Fat: 0.01g (0.03%), Carbohydrates: 49.22g (16.41%), Net Carbohydrates: 49.15g (17.87%), Sugar: 43.03g (47.81%), Cholesterol: 0mg (0%), Sodium: 36.02mg (1.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.89g (1.78%), Vitamin C: 2.79mg (3.38%), Calcium: 30.78mg (3.08%), Copper: 0.03mg (1.66%)