



## Raspberry Tea Cocktail

 Vegetarian

READY IN



5 min.

SERVINGS



5

CALORIES



29 kcal

BEVERAGE

DRINK

### Ingredients

- 0.1 oz pkt. crystal on the go natural lemon flavor iced tea mix light
- 0.1 oz pkts. crystal on the go raspberry ice flavor drink mix light
- 0.3 cup rum
- 4 cups water cold

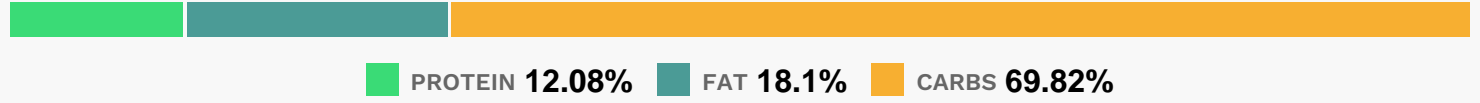
### Equipment

### Directions

Stir all ingredients in plastic or glass pitcher until drink mix is dissolved.

Serve over ice.

## Nutrition Facts



## Properties

Glycemic Index:3, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:0.18913043371361%

## Nutrients (% of daily need)

Calories: 29.33kcal (1.47%), Fat: 0.03g (0.05%), Saturated Fat: 0.02g (0.1%), Carbohydrates: 0.28g (0.09%), Net Carbohydrates: 0.28g (0.1%), Sugar: 0.2g (0.22%), Cholesterol: 0.08mg (0.03%), Sodium: 10.98mg (0.48%), Alcohol: 4.01g (100%), Alcohol %: 2.51% (100%), Protein: 0.05g (0.1%), Copper: 0.03mg (1.68%)