



Raspberry Tea Spritzer



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



40 kcal

BEVERAGE

DRINK

Ingredients



2 cups ginger ale sugar-free chilled



4 raspberry zinger herb tea bags



2 cups water boiling

Equipment

Directions



Pour boiling water over tea bags; cover and steep 5 minutes.

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- Remove tea bags, squeezing gently; cool tea. Stir in chilled ginger ale.

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Nutrition Facts



Properties

Glycemic Index:15.75, Glycemic Load:6.51, Inflammation Score:0, Nutrition Score:0.25782608135563%

Nutrients (% of daily need)

Calories: 40.12kcal (2.01%), Fat: Og (0%), Saturated Fat: Og (0%), Carbohydrates: 10.34g (3.45%), Net Carbohydrates: 10.34g (3.76%), Sugar: 10.5g (11.67%), Cholesterol: Omg (0%), Sodium: 14.17mg (0.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: Og (0%), Copper: 0.04mg (2.01%), Iron: 0.21mg (1.18%)