



 5%
HEALTH SCORE

Strawberry Mango Green Tea Limeade

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



74 kcal

BEVERAGE

DRINK

Ingredients

- 1 cup strawberries hulled quartered
- 1 cup mangos cubed peeled
- 1 cup juice of lime
- 4 cups tea green chilled brewed
- 0.3 cup simple syrup glaze

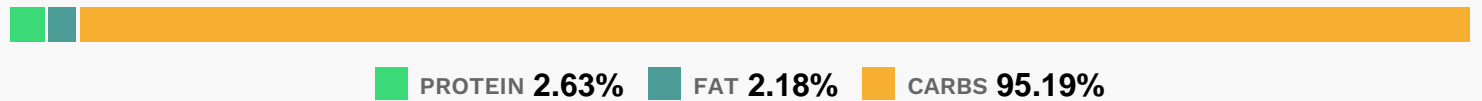
Equipment

- food processor
- blender

Directions

- In a blender or food processor puree and blend the strawberries, mango, lime juice and simple syrup.
- Pour puree over ice in a large pitcher.
- Add chilled green tea and stir.
- Pour into glasses and garnish with lime wedges and fresh strawberries.

Nutrition Facts



Properties

Glycemic Index:15.29, Glycemic Load:2.45, Inflammation Score:-9, Nutrition Score:5.37%

Flavonoids

Cyanidin: 0.43mg, Cyanidin: 0.43mg, Cyanidin: 0.43mg, Cyanidin: 0.43mg Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg Pelargonidin: 5.97mg, Pelargonidin: 5.97mg, Pelargonidin: 5.97mg, Pelargonidin: 5.97mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 3.6mg, Catechin: 3.6mg, Catechin: 3.6mg, Catechin: 3.6mg Epigallocatechin: 12.85mg, Epigallocatechin: 12.85mg, Epigallocatechin: 12.85mg, Epigallocatechin: 12.85mg Epicatechin: 3.45mg, Epicatechin: 3.45mg, Epicatechin: 3.45mg, Epicatechin: 3.45mg Epicatechin 3-gallate: 9.26mg, Epicatechin 3-gallate: 9.26mg, Epicatechin 3-gallate: 9.26mg, Epicatechin 3-gallate: 9.26mg Epigallocatechin 3-gallate: 14.75mg, Epigallocatechin 3-gallate: 14.75mg, Epigallocatechin 3-gallate: 14.75mg, Epigallocatechin 3-gallate: 14.75mg Theaflavin: 2.49mg, Theaflavin: 2.49mg, Theaflavin: 2.49mg, Theaflavin: 2.49mg Thearubigins: 127.91mg, Thearubigins: 127.91mg, Thearubigins: 127.91mg, Thearubigins: 127.91mg Eriodictyol: 0.88mg, Eriodictyol: 0.88mg, Eriodictyol: 0.88mg, Eriodictyol: 0.88mg Hesperetin: 3.62mg, Hesperetin: 3.62mg, Hesperetin: 3.62mg, Hesperetin: 3.62mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 2.35mg, Kaempferol: 2.35mg, Kaempferol: 2.35mg, Kaempferol: 2.35mg Myricetin: 0.73mg, Myricetin: 0.73mg, Myricetin: 0.73mg, Myricetin: 0.73mg Quercetin: 3.92mg, Quercetin: 3.92mg, Quercetin: 3.92mg, Quercetin: 3.92mg Theaflavin-3,3'-digallate: 2.75mg, Theaflavin-3,3'-digallate: 2.75mg, Theaflavin-3,3'-digallate: 2.75mg, Theaflavin-3,3'-digallate: 2.75mg Theaflavin-3'-gallate: 2.38mg, Theaflavin-3'-gallate: 2.38mg, Theaflavin-3'-gallate: 2.38mg, Theaflavin-3'-gallate: 2.38mg Gallocatechin: 1.97mg, Gallocatechin: 1.97mg, Gallocatechin: 1.97mg, Gallocatechin: 1.97mg

Taste

Sweetness: 42.59%, Saltiness: 3.23%, Sourness: 33.01%, Bitterness: 100%, Savoriness: 3.8%, Fattiness: 7.89%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 73.61kcal (3.68%), Fat: 0.2g (0.31%), Saturated Fat: 0.04g (0.22%), Carbohydrates: 20.11g (6.7%), Net Carbohydrates: 19.02g (6.92%), Sugar: 15.9g (17.67%), Cholesterol: 0mg (0%), Sodium: 14.19mg (0.62%), Caffeine: 31.47mg (10.49%), Protein: 0.56g (1.11%), Vitamin C: 36.22mg (43.91%), Manganese: 0.46mg (23.09%), Folate: 29.49µg (7.37%), Vitamin A: 320.6IU (6.41%), Potassium: 197.17mg (5.63%), Fiber: 1.08g (4.33%), Iron: 0.72mg (3.98%), Magnesium: 15.22mg (3.81%), Copper: 0.07mg (3.57%), Vitamin B2: 0.05mg (3.07%), Vitamin B6: 0.06mg (2.97%), Vitamin B1: 0.04mg (2.79%), Vitamin E: 0.41mg (2.71%), Vitamin K: 1.93µg (1.83%), Phosphorus: 17.95mg (1.8%), Vitamin B3: 0.35mg (1.74%), Vitamin B5: 0.15mg (1.51%), Calcium: 14.34mg (1.43%)