

Sweet Peach Tea



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



77 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 piece ginger peeled smashed (2 inches)
- ☐ 8 cups ice cubes
- ☐ 1 optional: lemon sliced
- ☐ 8 sprigs mint leaves
- ☐ 1 peaches pitted sliced
- ☐ 2 peaches diced pitted peeled
- ☐ 0.5 cup sugar
- ☐ 1 ounce tea leaves (Earl Grey or Darjeeling,)

☐ 1 quart water boiling

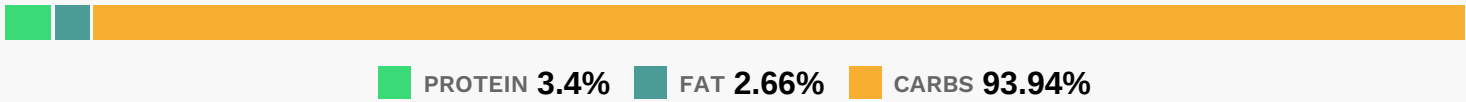
Equipment

☐ blender

Directions

- ☐ Place tea, lemon and ginger in a heatproof container and add boiling water.
- ☐ Let tea steep 7 to 8 minutes.
- ☐ Place 4 cups of the ice in a pitcher, then pour in tea. Blend diced peaches and sugar in a blender until smooth; mix into tea.
- ☐ Serve in glasses over remaining ice and garnish with mint and peach slices.
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:23.89, Glycemic Load:10.92, Inflammation Score:-3, Nutrition Score:2.5304347846819%

Flavonoids

Cyanidin: 1.08mg, Cyanidin: 1.08mg, Cyanidin: 1.08mg, Cyanidin: 1.08mg Catechin: 2.82mg, Catechin: 2.82mg, Catechin: 2.82mg, Catechin: 2.82mg Epigallocatechin: 0.87mg, Epigallocatechin: 0.87mg, Epigallocatechin: 0.87mg, Epigallocatechin: 0.87mg Epicatechin: 1.39mg, Epicatechin: 1.39mg, Epicatechin: 1.39mg, Epicatechin: 1.39mg Epicatechin 3-gallate: 0.21mg, Epicatechin 3-gallate: 0.21mg, Epicatechin 3-gallate: 0.21mg, Epicatechin 3-gallate: 0.21mg Epigallocatechin 3-gallate: 0.5mg, Epigallocatechin 3-gallate: 0.5mg, Epigallocatechin 3-gallate: 0.5mg, Epigallocatechin 3-gallate: 0.5mg Theaflavin: 0.06mg, Theaflavin: 0.06mg, Theaflavin: 0.06mg, Theaflavin: 0.06mg Thearubigins: 2.88mg, Thearubigins: 2.88mg, Thearubigins: 2.88mg, Thearubigins: 2.88mg Eriodictyol: 3.19mg, Eriodictyol: 3.19mg, Eriodictyol: 3.19mg, Eriodictyol: 3.19mg Hesperetin: 3.87mg, Hesperetin: 3.87mg, Hesperetin: 3.87mg, Hesperetin: 3.87mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg Theaflavin-3,3'-digallate: 0.06mg, Theaflavin-3,3'-digallate: 0.06mg, Theaflavin-3,3'-digallate: 0.06mg, Theaflavin-3,3'-digallate: 0.06mg Theaflavin-3'-gallate: 0.05mg, Theaflavin-3'-gallate: 0.05mg, Theaflavin-3'-gallate: 0.05mg, Theaflavin-3'-gallate: 0.05mg

Galocatechin: 0.04mg, Galocatechin: 0.04mg, Galocatechin: 0.04mg, Galocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 77.1kcal (3.86%), Fat: 0.25g (0.38%), Saturated Fat: 0.02g (0.13%), Carbohydrates: 19.7g (6.57%), Net Carbohydrates: 18.39g (6.69%), Sugar: 17.55g (19.5%), Cholesterol: 0mg (0%), Sodium: 25.98mg (1.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.71g (1.43%), Vitamin C: 9.82mg (11.91%), Copper: 0.11mg (5.61%), Fiber: 1.32g (5.28%), Vitamin A: 228.82IU (4.58%), Manganese: 0.06mg (3.02%), Vitamin E: 0.43mg (2.89%), Potassium: 98.14mg (2.8%), Magnesium: 10.41mg (2.6%), Vitamin B3: 0.49mg (2.45%), Calcium: 19.1mg (1.91%), Selenium: 1.32µg (1.88%), Iron: 0.34mg (1.86%), Vitamin K: 1.69µg (1.61%), Folate: 6.27µg (1.57%), Phosphorus: 15.6mg (1.56%), Vitamin B2: 0.03mg (1.53%), Vitamin B6: 0.03mg (1.38%), Vitamin B1: 0.02mg (1.33%), Zinc: 0.19mg (1.26%), Vitamin B5: 0.12mg (1.17%)