



Tangy and Tart Iced Tea with Mint



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



172 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 4 cups freshly tea black cooled brewed use 2 tea bags
- ☐ 2 cups grapefruit juice
- ☐ 0.3 cup mint leaves for garnish
- ☐ 4 ounces rum
- ☐ 0.3 cup sugar
- ☐ 0.3 cup water

Equipment

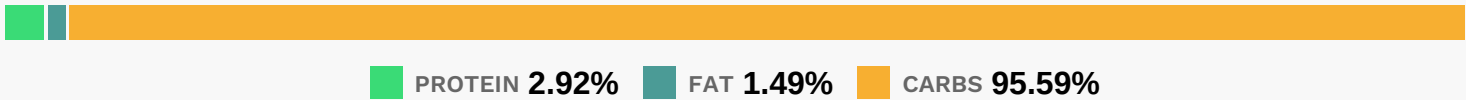
- ☐ sauce pan

☐ stove

Directions

- ☐ Combine the sugar, water and mint leaves in a small saucepan.
- ☐ Heat on the stove top over low heat until the sugar has dissolved and the mint has infused the syrup, about 10 minutes. Strain and cool.
- ☐ In a large pitcher add the tea, grapefruit juice and mint syrup.
- ☐ Serve chilled over ice and garnish each glass with a sprig of mint.
- ☐ Add the rum to the pitcher, if desired.

Nutrition Facts



Properties

Glycemic Index:33.27, Glycemic Load:14.96, Inflammation Score:-9, Nutrition Score:4.6478261571863%

Flavonoids

Catechin: 3.56mg, Catechin: 3.56mg, Catechin: 3.56mg, Catechin: 3.56mg Epigallocatechin: 19mg, Epigallocatechin: 19mg, Epigallocatechin: 19mg, Epigallocatechin: 19mg Epicatechin: 5.03mg, Epicatechin: 5.03mg, Epicatechin: 5.03mg, Epicatechin: 5.03mg Epicatechin 3-gallate: 13.83mg, Epicatechin 3-gallate: 13.83mg, Epicatechin 3-gallate: 13.83mg, Epicatechin 3-gallate: 13.83mg Epigallocatechin 3-gallate: 22.09mg, Epigallocatechin 3-gallate: 22.09mg, Epigallocatechin 3-gallate: 22.09mg, Epigallocatechin 3-gallate: 22.09mg Theaflavin: 3.73mg, Theaflavin: 3.73mg, Theaflavin: 3.73mg, Theaflavin: 3.73mg Thearubigins: 191.87mg, Thearubigins: 191.87mg, Thearubigins: 191.87mg, Thearubigins: 191.87mg Eriodictyol: 0.87mg, Eriodictyol: 0.87mg, Eriodictyol: 0.87mg, Eriodictyol: 0.87mg Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Kaempferol: 3.33mg, Kaempferol: 3.33mg, Kaempferol: 3.33mg, Kaempferol: 3.33mg Myricetin: 1.06mg, Myricetin: 1.06mg, Myricetin: 1.06mg, Myricetin: 1.06mg Quercetin: 5.17mg, Quercetin: 5.17mg, Quercetin: 5.17mg, Quercetin: 5.17mg Theaflavin-3,3'-digallate: 4.13mg, Theaflavin-3,3'-digallate: 4.13mg, Theaflavin-3,3'-digallate: 4.13mg, Theaflavin-3'-gallate: 3.56mg, Theaflavin-3'-gallate: 3.56mg, Theaflavin-3'-gallate: 3.56mg, Theaflavin-3'-gallate: 3.56mg Gallocatechin: 2.95mg, Gallocatechin: 2.95mg, Gallocatechin: 2.95mg, Gallocatechin: 2.95mg

Nutrients (% of daily need)

Calories: 172.22kcal (8.61%), Fat: 0.18g (0.28%), Saturated Fat: 0.01g (0.07%), Carbohydrates: 26.67g (8.89%), Net Carbohydrates: 26.33g (9.58%), Sugar: 25.45g (28.28%), Cholesterol: 0mg (0%), Sodium: 11.46mg (0.5%), Alcohol:

9.47g (100%), Alcohol %: 2.91% (100%), Caffeine: 47.2mg (15.73%), Protein: 0.81g (1.63%), Vitamin C: 32.64mg (39.56%), Manganese: 0.56mg (27.78%), Potassium: 295.3mg (8.44%), Magnesium: 21.28mg (5.32%), Folate: 17.37µg (4.34%), Iron: 0.68mg (3.78%), Vitamin B2: 0.04mg (2.59%), Vitamin A: 127.74IU (2.55%), Copper: 0.04mg (2.1%), Vitamin B3: 0.41mg (2.03%), Phosphorus: 18.53mg (1.85%), Calcium: 16.84mg (1.68%), Vitamin B5: 0.15mg (1.53%), Zinc: 0.21mg (1.4%), Fiber: 0.34g (1.37%)