



Tea Punch

 **Gluten Free**  **Dairy Free**

READY IN



270 min.

SERVINGS



24

CALORIES



120 kcal

BEVERAGE

DRINK

Ingredients

- 2 liter ginger ale chilled
- 4 cups pink lemonade kool-aid prepared
- 4 cups orange juice
- 4 cups pineapple juice
- 1 cup strong tea black brewed
- 1 cup sugar white

Equipment

- bowl

Directions

- In a pitcher, combine sugar and tea. Stir until sugar is dissolved. Stir in orange juice, pineapple juice and lemonade. Chill in refrigerator for 4 hours.
- Just before serving, pour chilled juice mixture into a punch bowl and stir in ginger ale.

Nutrition Facts

PROTEIN 1.4% **FAT 1.15%** **CARBS 97.45%**

Properties

Glycemic Index:12.32, Glycemic Load:18.11, Inflammation Score:-3, Nutrition Score:3.2456521521444%

Flavonoids

Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epigallocatechin: 0.79mg, Epigallocatechin: 0.79mg, Epigallocatechin: 0.79mg, Epigallocatechin: 0.79mg Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg Epicatechin 3-gallate: 0.58mg, Epicatechin 3-gallate: 0.58mg, Epicatechin 3-gallate: 0.58mg, Epicatechin 3-gallate: 0.58mg Epigallocatechin 3-gallate: 0.92mg, Epigallocatechin 3-gallate: 0.92mg, Epigallocatechin 3-gallate: 0.92mg, Epigallocatechin 3-gallate: 0.92mg Theaflavin: 0.16mg, Theaflavin: 0.16mg, Theaflavin: 0.16mg, Theaflavin: 0.16mg Thearubigins: 7.99mg, Thearubigins: 7.99mg, Thearubigins: 7.99mg, Thearubigins: 7.99mg Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 4.94mg, Hesperetin: 4.94mg, Hesperetin: 4.94mg, Hesperetin: 4.94mg Naringenin: 0.88mg, Naringenin: 0.88mg, Naringenin: 0.88mg, Naringenin: 0.88mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg Theaflavin-3,3'-digallate: 0.17mg, Theaflavin-3,3'-digallate: 0.17mg, Theaflavin-3,3'-digallate: 0.17mg, Theaflavin-3,3'-digallate: 0.17mg Theaflavin-3'-gallate: 0.15mg, Theaflavin-3'-gallate: 0.15mg, Theaflavin-3'-gallate: 0.15mg, Theaflavin-3'-gallate: 0.15mg Gallocatechin: 0.12mg, Gallocatechin: 0.12mg, Gallocatechin: 0.12mg, Gallocatechin: 0.12mg

Nutrients (% of daily need)

Calories: 119.84kcal (5.99%), Fat: 0.16g (0.24%), Saturated Fat: 0.01g (0.08%), Carbohydrates: 29.96g (9.99%), Net Carbohydrates: 29.8g (10.84%), Sugar: 27.77g (30.85%), Cholesterol: 0mg (0%), Sodium: 9.89mg (0.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.43g (0.86%), Vitamin C: 24.6mg (29.82%), Manganese: 0.24mg (11.84%), Folate: 19.97µg (4.99%), Vitamin B1: 0.06mg (4%), Potassium: 138.44mg (3.96%), Copper: 0.06mg (3.09%), Vitamin B6: 0.06mg (2.79%), Magnesium: 10.39mg (2.6%), Iron: 0.36mg (2%), Vitamin A: 84.63IU (1.69%), Vitamin B2: 0.02mg (1.39%), Calcium: 12.24mg (1.22%), Vitamin B3: 0.24mg (1.22%), Phosphorus: 10.27mg (1.03%), Vitamin B5: 0.1mg (1.02%)