



Tropical Tea



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



10 min.

SERVINGS



12

CALORIES



73 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 4 cups peach-flavored iced tea
- ☐ 12 ounces orange juice concentrate frozen thawed canned
- ☐ 4.5 cups water

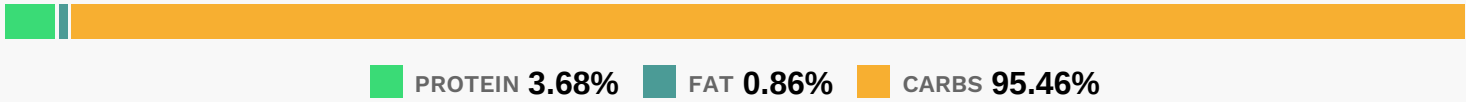
Equipment

Directions

- ☐ Mix water, iced tea and juice concentrate in large pitcher.

- ☐ Serve over ice.
- ☐ Garnish with mint.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-3, Nutrition Score:4.181304430832%

Nutrients (% of daily need)

Calories: 72.64kcal (3.63%), Fat: 0.07g (0.11%), Saturated Fat: 0.02g (0.1%), Carbohydrates: 17.66g (5.89%), Net Carbohydrates: 17.38g (6.32%), Sugar: 16g (17.77%), Cholesterol: 0mg (0%), Sodium: 9.57mg (0.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 3.93mg (1.31%), Protein: 0.68g (1.36%), Vitamin C: 41.11mg (49.83%), Manganese: 0.14mg (6.97%), Folate: 21.83µg (5.46%), Potassium: 186.19mg (5.32%), Vitamin B1: 0.08mg (5.2%), Vitamin B6: 0.07mg (3.69%), Vitamin B2: 0.05mg (2.92%), Magnesium: 11.6mg (2.9%), Vitamin A: 107.44IU (2.15%), Phosphorus: 18.08mg (1.81%), Copper: 0.03mg (1.74%), Vitamin B5: 0.16mg (1.59%), Calcium: 15.79mg (1.58%), Vitamin B3: 0.31mg (1.55%), Fiber: 0.28g (1.13%), Vitamin E: 0.17mg (1.13%)