



Very Berry Iced Tea



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



8

CALORIES



49 kcal

BEVERAGE

DRINK

Ingredients

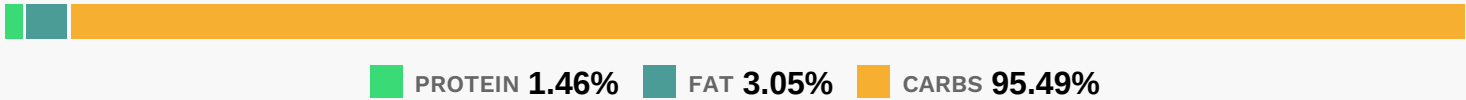
- ☐ 4 cups water
- ☐ 3 tablespoons peach-flavored iced tea instant
- ☐ 3 cups fruit cocktail in juice chilled
- ☐ 0.5 cup raspberries fresh

Equipment

Directions

- ☐ In 2-quart pitcher, mix all ingredients except raspberries. Stir in raspberries.
- ☐ Serve tea over ice in glasses.

Nutrition Facts



Properties

Glycemic Index:8.34, Glycemic Load:4.31, Inflammation Score:-1, Nutrition Score:1.2730434877069%

Flavonoids

Cyanidin: 3.45mg, Cyanidin: 3.45mg, Cyanidin: 3.45mg, Cyanidin: 3.45mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.1mg, Delphinidin: 0.1mg, Delphinidin: 0.1mg, Delphinidin: 0.1mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 0.07mg, Pelargonidin: 0.07mg, Pelargonidin: 0.07mg, Pelargonidin: 0.07mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 1.26mg, Catechin: 1.26mg, Catechin: 1.26mg, Catechin: 1.26mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 4.64mg, Epicatechin: 4.64mg, Epicatechin: 4.64mg, Epicatechin: 4.64mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg

Nutrients (% of daily need)

Calories: 48.87kcal (2.44%), Fat: 0.17g (0.26%), Saturated Fat: 0.02g (0.14%), Carbohydrates: 11.95g (3.98%), Net Carbohydrates: 11.28g (4.1%), Sugar: 9.82g (10.91%), Cholesterol: 0mg (0%), Sodium: 9.93mg (0.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.18g (0.37%), Manganese: 0.13mg (6.4%), Vitamin C: 2.8mg (3.4%), Potassium: 105.82mg (3.02%), Fiber: 0.67g (2.69%), Magnesium: 7.54mg (1.88%), Copper: 0.04mg (1.86%), Vitamin B1: 0.02mg (1.46%), Calcium: 13.03mg (1.3%), Vitamin B2: 0.02mg (1.1%), Vitamin B6: 0.02mg (1.04%)