



Whiskey Spiked Peach Iced Tea



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



75 min.

SERVINGS



8

CALORIES



53 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 6 tea bags black
- ☐ 8 servings mint sprigs for garnish
- ☐ 1 slices peaches fresh for garnish
- ☐ 2 cups peach nectar
- ☐ 2 tablespoons sugar
- ☐ 1 quart water cold
- ☐ 8 servings irish whiskey your favorite (recommended: Jack Daniels)

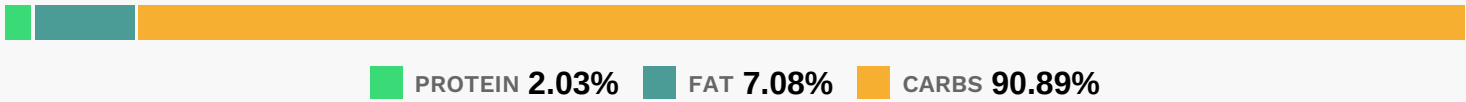
Equipment

☐ sauce pan

Directions

- ☐ Bring water to a boil in a small saucepan; remove from the heat, add tea bags, and let steep 5 minutes.
- ☐ Remove tea bags and stir in sugar until dissolved.
- ☐ Transfer to a pitcher, add peach nectar, and stir to combine. Chill in the refrigerator for at least 1 hour.
- ☐ Fill tall glasses with ice and then pour peach tea over, leaving some room at the top for the whiskey. Stir in 1 shot of whiskey to each glass and garnish with a peach slice and fresh mint sprig.

Nutrition Facts



Properties

Glycemic Index:15.67, Glycemic Load:2.76, Inflammation Score:-2, Nutrition Score:1.339565227861%

Flavonoids

Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg Catechin: 0.95mg, Catechin: 0.95mg, Catechin: 0.95mg, Catechin: 0.95mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 0.45mg, Epicatechin: 0.45mg, Epicatechin: 0.45mg, Epicatechin: 0.45mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 53.34kcal (2.67%), Fat: 0.43g (0.66%), Saturated Fat: 0.03g (0.18%), Carbohydrates: 12.3g (4.1%), Net Carbohydrates: 11.87g (4.32%), Sugar: 12.14g (13.49%), Cholesterol: 0mg (0%), Sodium: 15.6mg (0.68%), Alcohol: 0.36g (100%), Alcohol %: 0.22% (100%), Protein: 0.27g (0.55%), Vitamin A: 265.84IU (5.32%), Vitamin B1: 0.04mg (2.86%), Copper: 0.05mg (2.44%), Vitamin E: 0.32mg (2.14%), Manganese: 0.04mg (1.78%), Fiber: 0.43g (1.72%), Magnesium: 6.01mg (1.5%), Vitamin B6: 0.03mg (1.46%), Potassium: 47.92mg (1.37%), Vitamin C: 1.11mg (1.34%), Vitamin K: 1.32µg (1.26%), Vitamin B3: 0.23mg (1.14%), Vitamin B2: 0.02mg (1.09%), Calcium: 10.51mg (1.05%)