

Peach Iced Tea Punch (Virgin)

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Servings: 12

- 3 cups water*
- 1 pound frozen peaches*
- 5 cups chilled strong black tea*
- 5 cups peach nectar*

Mix the water and frozen peaches in a ring mold. Freeze.

In a punch bowl, mix the black tea and peach nectar.

Add the ice ring.

Per Serving (excluding unknown items): 56 Calories; trace Fat (0.3% calories from fat); trace Protein; 14g Carbohydrate; 0g Dietary Fiber; 0mg Cholesterol; 9mg Sodium. Exchanges: 1 Fruit.

Beverages

Per Serving Nutritional Analysis

Calories (kcal):	56	Vitamin B6 (mg):	trace
% Calories from Fat:	0.3%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	97.9%	Thiamin B1 (mg):	0mg
% Calories from Protein:	1.9%	Riboflavin B2 (mg):	trace
Total Fat (g):	trace	Folacin (mcg):	1mcg
Saturated Fat (g):	0g	Niacin (mg):	trace
Monounsaturated Fat (g):	trace	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0
Cholesterol (mg):	0mg	% Refuse:	n n%
Carbohydrate (g):	14g	Food Exchanges	
Dietary Fiber (g):	0g	Grain (Starch):	0
Protein (g):	trace	Lean Meat:	0
Sodium (mg):	9mg	Vegetable:	0
Potassium (mg):	42mg	Fruit:	1
Calcium (mg):	6mg	Non-Fat Milk:	0
Iron (mg):	trace	Fat:	0
Zinc (mg):	trace	Other Carbohydrates:	0

Vitamin C (mg): 5mg
Vitamin A (i.u.): 268IU
Vitamin A (r.e.): 27RE

Nutrition Facts

Servings per Recipe: 12

Amount Per Serving

Calories 56 Calories from Fat: 0

% Daily Values*

Total Fat	trace	0%
Saturated Fat	0g	0%
Cholesterol	0mg	0%
Sodium	9mg	0%
Total Carbohydrates	14g	5%
Dietary Fiber	0g	0%
Protein	trace	
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Vitamin A		5%
Vitamin C		9%
Calcium		1%
Iron		1%

* Percent Daily Values are based on a 2000 calorie diet.