

Berry Fine Tea

Relish Magazine
www.CommunityTable.com

chamomile tea
chopped basil
sliced strawberries
honey

Begin with the chamomile tea in a pitcher.

Stir in the add-ins.

Per Serving (excluding unknown items): 0 Calories; 0g Fat (0.0% calories from fat); 0g Protein; 0g Carbohydrate; 0g Dietary Fiber; 0mg Cholesterol; 0mg Sodium. Exchanges: .

Beverages

Per Serving Nutritional Analysis

Calories (kcal):	0	Vitamin B6 (mg):	0mg
% Calories from Fat:	0.0%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	0.0%	Thiamin B1 (mg):	0mg
% Calories from Protein:	0.0%	Riboflavin B2 (mg):	0mg
Total Fat (g):	0g	Folacin (mcg):	0mcg
Saturated Fat (g):	0g	Niacin (mg):	0mg
Monounsaturated Fat (g):	0g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	0g	Alcohol (kcal):	0
Cholesterol (mg):	0mg	% Refused:	0.0%
Carbohydrate (g):	0g	Food Exchanges	
Dietary Fiber (g):	0g	Grain (Starch):	0
Protein (g):	0g	Lean Meat:	0
Sodium (mg):	0mg	Vegetable:	0
Potassium (mg):	0mg	Fruit:	0
Calcium (mg):	0mg	Non-Fat Milk:	0
Iron (mg):	0mg	Fat:	0
Zinc (mg):	0mg	Other Carbohydrates:	0
Vitamin C (mg):	0mg		
Vitamin A (i.u.):	0IU		
Vitamin A (r.e.):	0RE		

Nutrition Facts

Amount Per Serving

Calories 0 **Calories from Fat:** 0

% Daily Values*

Total Fat 0g 0%

Saturated Fat 0g 0%

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrates 0g 0%

Dietary Fiber 0g 0%

Protein 0g

Vitamin A 0%

Vitamin C 0%

Calcium 0%

Iron 0%

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