# **Hawaiian Tea**

Emma Prillhart - Kingsport, TN Southern Living - 1987 Annual Recipes

#### Yield: 3 quarts

2 quarts water

6 regular tea bags

1 jar (8 ounce) maraschino cherries, undrained

1/2 cup water

1 cup sugar

1 1/2 cups lemon juice

2 1/2 cups pineapple juice

lemon slices (for garnish) (optional) mint sprigs (for garnish) (optional) Bring two quarts of water to a boil. Pour over the tea bags. Cover and let stand for 5 minutes. Discard the tea bags.

Drain the cherries, reserving the juice (reserve the cherries for other use).

In a saucepan, combine 1/2 cup of water and the sugar. Boil for 5 minutes.

Add the sugar mixture, lemon juice, pineapple juice and cherry juice to the tea.

Garnish with lemon slices or mint sprigs, if desired.

Serve hot or chilled.

Per Serving (excluding unknown items): 1508 Calories; 1g Fat (0.6% calories from fat); 4g Protein; 392g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 193mg Sodium. Exchanges: 8 Fruit; 18 1/2 Other Carbohydrates.

### Beverages

#### Dar Carrina Mutritional Analysis

Calories (kcal):	1508	Vitamin B6 (mg):	.8mg
% Calories from Fat:	0.6%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	98.5%	Thiamin B1 (mg):	.4mg
% Calories from Protein:	1.0%	Riboflavin B2 (mg):	.2mg
Total Fat (g):	1g	Folacin (mcg):	192mcg
Saturated Fat (q):	trace	Niacin (mg):	2mg
Saturateu Fat (y).	liace	Caffeine (mg):	0mg
Monounsaturated Fat (g):	trace	Canemic (mg).	omg

Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0
Cholesterol (mg):	0mg	% Dafuea	በ በ%
Carbohydrate (g):	392g	Food Exchanges	_
Dietary Fiber (g): Protein (g):	4g 4g	Grain (Starch):	0
Sodium (mg): Potassium (mg):	193mg 1613mg 212mg 3mg	Lean Meat: Vegetable: Fruit: Non-Fat Milk: Fat: Other Carbohydrates:	0
Calcium (mg): Iron (mg):			8
Zinc (mg): Vitamin C (mg): Vitamin A (i.u.):	2mg 237mg 104IU		0 18 1/2
Vitamin A (r.e.):	10 1/2RE		

## **Nutrition Facts**

Amount Per Serving				
Calories 1508	Calories from Fat: 9			
	% Daily Values*			
Total Fat 1g Saturated Fat trace Cholesterol 0mg Sodium 193mg Total Carbohydrates 392g Dietary Fiber 4g Protein 4g	2% 1% 0% 8% 131% 17%			
Vitamin A Vitamin C Calcium	2% 395% 21% 15%			

<sup>\*</sup> Percent Daily Values are based on a 2000 calorie diet.