Southern Belle Tea

Relish Magazine
www.CommunityTable.com

mint tea mint leaves sliced peaches Begin with the mint 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:

Dar Camina Mutritianal Analysis

Calories (kcal): % Calories from Fat: % Calories from Carbohydrates: % Calories from Protein: Total Fat (g): Saturated Fat (g): Monounsaturated Fat (g): Polyunsaturated Fat (g):	0 0.0% 0.0% 0.0% 0g 0g 0g	Vitamin B6 (mg): Vitamin B12 (mcg): Thiamin B1 (mg): Riboflavin B2 (mg): Folacin (mcg): Niacin (mg): Caffeine (mg): Alcohol (kcal):	Omg Omcg Omg Omcg Omg Omg
Cholesterol (mg): Carbohydrate (g):	0mg 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*	

Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrates 0g	0%
Dietary Fiber 0g	0%
Protein 0g	
Vitamin A Vitamin C Calcium	0% 0% 0%
Iron	0%

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