



Apple Iced Tea



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



12 kcal

BEVERAGE

DRINK

Ingredients

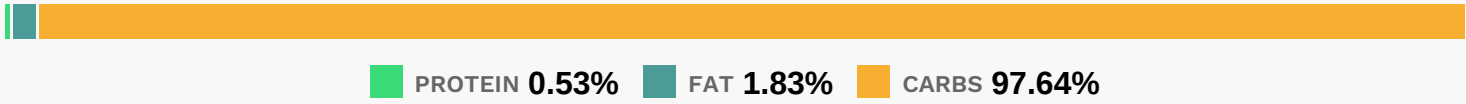
- ☐ 6 ounce apple juice concentrate frozen undiluted thawed canned
- ☐ 1 tablespoon sugar
- ☐ 4 cinnamon-apple tea bags
- ☐ 2 cups water cold
- ☐ 3 cups water boiling

Equipment

Directions

- ☐ Pour 3 cups boiling water over tea bags; cover and steep 5 minutes.
- ☐ Remove and discard tea bags. Stir in sugar, juice, and 2 cups cold water.
- ☐ Serve over ice.

Nutrition Facts



Properties

Glycemic Index:11.08, Glycemic Load:1.61, Inflammation Score:-1, Nutrition Score:0.1995652154412%

Flavonoids

Catechin: 0.21mg, Catechin: 0.21mg, Catechin: 0.21mg, Catechin: 0.21mg Epicatechin: 0.8mg, Epicatechin: 0.8mg, Epicatechin: 0.8mg, Epicatechin: 0.8mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 12.44kcal (0.62%), Fat: 0.03g (0.04%), Saturated Fat: 0g (0.02%), Carbohydrates: 3.12g (1.04%), Net Carbohydrates: 3.08g (1.12%), Sugar: 2.83g (3.15%), Cholesterol: 0mg (0%), Sodium: 6.61mg (0.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.02g (0.03%), Copper: 0.02mg (1.05%)