



Apple of My Iced Tea



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



449 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 2 servings apples for garnish
- ☐ 0.5 cup apple cider hard
- ☐ 0.5 cup tea black cooled brewed
- ☐ 0.3 cup mint leaves fresh
- ☐ 1 cup sugar

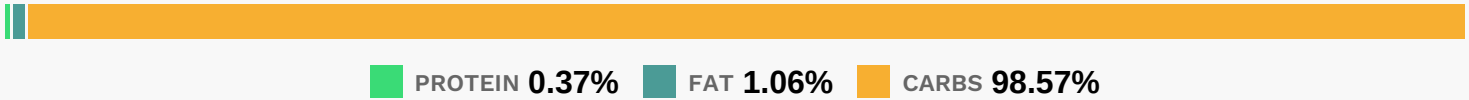
Equipment

- ☐ bowl
- ☐ microwave

Directions

- ☐ Put sugar and 1 cup water in a microwave-safe bowl. Microwave until very warm, then stir to dissolve sugar.
- ☐ Add anise hyssop, cover bowl, and set aside about 1 hour. Strain syrup.
- ☐ Fill 2 glasses with ice and add 2 tbsp. syrup to each.
- ☐ Pour in cider and tea.
- ☐ Garnish each with an apple wedge. Chill remaining syrup to use another time.
- ☐ *Find in grocery stores alongside beer.

Nutrition Facts



Properties

Glycemic Index:71.42, Glycemic Load:74.76, Inflammation Score:-6, Nutrition Score:2.9386956691742%

Flavonoids

Cyanidin: 0.99mg, Cyanidin: 0.99mg, Cyanidin: 0.99mg, Cyanidin: 0.99mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 2.44mg, Catechin: 2.44mg, Catechin: 2.44mg, Catechin: 2.44mg Epigallocatechin: 4.91mg, Epigallocatechin: 4.91mg, Epigallocatechin: 4.91mg, Epigallocatechin: 4.91mg Epicatechin: 8.74mg, Epicatechin: 8.74mg, Epicatechin: 8.74mg, Epicatechin: 8.74mg Epicatechin 3-gallate: 3.46mg, Epicatechin 3-gallate: 3.46mg, Epicatechin 3-gallate: 3.46mg, Epicatechin 3-gallate: 3.46mg Epigallocatechin 3-gallate: 5.64mg, Epigallocatechin 3-gallate: 5.64mg, Epigallocatechin 3-gallate: 5.64mg, Epigallocatechin 3-gallate: 5.64mg Theaflavin: 0.93mg, Theaflavin: 0.93mg, Theaflavin: 0.93mg, Theaflavin: 0.93mg Thearubigins: 47.97mg, Thearubigins: 47.97mg, Thearubigins: 47.97mg, Thearubigins: 47.97mg Eriodictyol: 1.74mg, Eriodictyol: 1.74mg, Eriodictyol: 1.74mg, Eriodictyol: 1.74mg Hesperetin: 0.57mg, Hesperetin: 0.57mg, Hesperetin: 0.57mg, Hesperetin: 0.57mg Apigenin: 0.3mg, Apigenin: 0.3mg, Apigenin: 0.3mg, Apigenin: 0.3mg Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg Kaempferol: 0.92mg, Kaempferol: 0.92mg, Kaempferol: 0.92mg, Kaempferol: 0.92mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 4.14mg, Quercetin: 4.14mg, Quercetin: 4.14mg, Quercetin: 4.14mg Theaflavin-3,3'-digallate: 1.03mg, Theaflavin-3,3'-digallate: 1.03mg, Theaflavin-3,3'-digallate: 1.03mg, Theaflavin-3'-gallate: 0.89mg, Theaflavin-3'-gallate: 0.89mg, Theaflavin-3'-gallate: 0.89mg, Theaflavin-3'-gallate: 0.89mg Gallocatechin: 0.74mg, Gallocatechin: 0.74mg, Gallocatechin: 0.74mg, Gallocatechin: 0.74mg

Nutrients (% of daily need)

Calories: 449.17kcal (22.46%), Fat: 0.56g (0.86%), Saturated Fat: 0.05g (0.28%), Carbohydrates: 115.91g (38.64%), Net Carbohydrates: 113.84g (41.4%), Sugar: 111.98g (124.42%), Cholesterol: 0mg (0%), Sodium: 7.5mg (0.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 11.8mg (3.93%), Protein: 0.43g (0.86%), Manganese: 0.26mg (13.24%), Fiber: 2.07g (8.27%), Vitamin C: 5.19mg (6.3%), Vitamin A: 273.29IU (5.47%), Potassium: 182.3mg (5.21%), Vitamin B2: 0.07mg (4.03%), Magnesium: 12.35mg (3.09%), Folate: 11.24µg (2.81%), Copper: 0.06mg (2.77%), Iron: 0.49mg (2.74%), Calcium: 23.14mg (2.31%), Vitamin B6: 0.04mg (2.18%), Vitamin B1: 0.03mg (1.84%), Phosphorus: 15.7mg (1.57%), Vitamin K: 1.38µg (1.31%)