



Basic Iced Tea

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



30 min.

SERVINGS



8

CALORIES



8 kcal

BEVERAGE

DRINK

Ingredients

- 8 servings ice cubes
- 1 medium cranberry-orange relish
- 8 ginger tea bags black
- 8 cups water

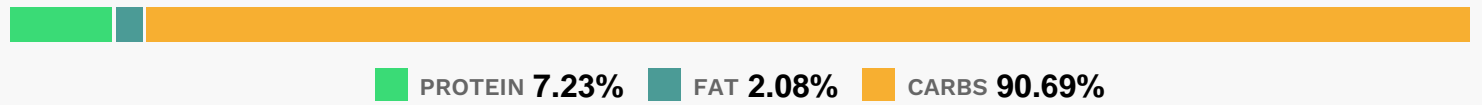
Equipment

- peeler

Directions

- Place the tea bags in a large heatproof glass pitcher. Use a vegetable peeler to strip the peel from the lemon or orange, avoiding as much of the white pith as possible, and add the peel to the pitcher.
- Pour the simmering water into the pitcher and let it steep for at least 5 minutes.
- Remove the tea bags and discard. Refrigerate the tea until cool. To serve, fill iced tea glasses with ice and pour the tea over the ice. Sweeten with simple syrup, if desired.

Nutrition Facts



Properties

Glycemic Index:5.31, Glycemic Load:0.65, Inflammation Score:-1, Nutrition Score:1.0395652402354%

Flavonoids

Hesperetin: 4.46mg, Hesperetin: 4.46mg, Hesperetin: 4.46mg, Hesperetin: 4.46mg Naringenin: 2.51mg, Naringenin: 2.51mg, Naringenin: 2.51mg, Naringenin: 2.51mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 7.7kcal (0.38%), Fat: 0.02g (0.03%), Saturated Fat: 0g (0.02%), Carbohydrates: 1.93g (0.64%), Net Carbohydrates: 1.54g (0.56%), Sugar: 1.53g (1.7%), Cholesterol: 0mg (0%), Sodium: 14.63mg (0.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.15g (0.31%), Vitamin C: 8.71mg (10.56%), Copper: 0.05mg (2.71%), Fiber: 0.39g (1.57%), Calcium: 15.33mg (1.53%), Folate: 4.91µg (1.23%), Magnesium: 4.56mg (1.14%)