



## Best Minted Iced Tea

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



25 min.

SERVINGS



12

CALORIES



93 kcal

BEVERAGE

DRINK

## Ingredients

- 4 cups water boiling
- 1 cup sugar
- 0.5 cup freshly tea instant
- 2 tablespoons mint leaves fresh crushed
- 8 cups water cold
- 6 oz lemonade concentrate frozen thawed canned

## Equipment

## Directions

- In 4-quart casserole, mix boiling water, sugar, tea and mint leaves; let stand 15 minutes.
- Stir in cold water and lemonade.
- Serve over ice.

## Nutrition Facts

**PROTEIN 0.26%** **FAT 1.49%** **CARBS 98.25%**

## Properties

Glycemic Index:5.84, Glycemic Load:11.64, Inflammation Score:-1, Nutrition Score:0.57521739464415%

## Flavonoids

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## Nutrients (% of daily need)

Calories: 92.63kcal (4.63%), Fat: 0.16g (0.25%), Saturated Fat: 0.01g (0.04%), Carbohydrates: 23.83g (7.94%), Net Carbohydrates: 23.72g (8.62%), Sugar: 22.94g (25.49%), Cholesterol: 0mg (0%), Sodium: 13.54mg (0.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.06g (0.12%), Vitamin C: 2.12mg (2.57%), Copper: 0.04mg (2.23%), Manganese: 0.03mg (1.69%), Magnesium: 4.32mg (1.08%), Calcium: 10.28mg (1.03%)