



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

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

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:0.50869565027887%

Flavonoids

Eriodictyol: 0.26mg, Eriodictyol: 0.26mg, Eriodictyol: 0.26mg, Eriodictyol: 0.26mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg

Nutrients (% of daily need)

Calories: 92.53kcal (4.63%), Fat: 0.16g (0.25%), Saturated Fat: 0.01g (0.03%), Carbohydrates: 23.8g (7.93%), Net Carbohydrates: 23.69g (8.61%), Sugar: 22.94g (25.49%), Cholesterol: 0mg (0%), Sodium: 13.25mg (0.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.06g (0.12%), Vitamin C: 2.12mg (2.57%), Copper: 0.04mg (2.18%), Calcium: 10.28mg (1.03%), Magnesium: 4.02mg (1.01%)