



Boston Iced Tea

 Vegetarian  Vegan  Gluten Free  Dairy Free  Popular  Low Fod Map

READY IN



35 min.

SERVINGS



14

CALORIES



106 kcal

BEVERAGE

DRINK

Ingredients

- 12 fluid ounce cranberry juice cocktail concentrate frozen canned
- 15 tea bags
- 1 gallon water
- 1 cup sugar white

Equipment

- pot

Directions

- Put water in large pot, and heat on high until boiling.
- Add sugar and stir until dissolved.
- Add teabags and let steep until desired strength is acquired. Stir in cranberry juice concentrate, and allow to cool.

Nutrition Facts

PROTEIN 0.05% **FAT 0.38%** **CARBS 99.57%**

Properties

Glycemic Index:5.01, Glycemic Load:9.97, Inflammation Score:-1, Nutrition Score:1.0917391185851%

Nutrients (% of daily need)

Calories: 105.94kcal (5.3%), Fat: 0.05g (0.07%), Saturated Fat: 0g (0%), Carbohydrates: 27.27g (9.09%), Net Carbohydrates: 27.22g (9.9%), Sugar: 25.03g (27.81%), Cholesterol: 0mg (0%), Sodium: 14.68mg (0.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.01g (0.03%), Vitamin C: 11.61mg (14.07%), Copper: 0.05mg (2.47%), Manganese: 0.04mg (1.8%), Vitamin B5: 0.12mg (1.23%), Calcium: 11.04mg (1.1%)