



Bourbon Sweet Tea

 Vegetarian  Vegan  Dairy Free

READY IN



5 min.

SERVINGS



2

CALORIES



193 kcal

BEVERAGE

DRINK

Ingredients

- 2 cups peach-flavored iced tea sweet chilled
- 3 oz bourbon
- 4 slices lemon zest
- 6 small sprigs mint leaves fresh
- 1 serving ice cubes

Equipment

Directions

- In pitcher, mix tea, bourbon, lemon slices and mint sprigs.
- Fill 2 lowball glasses with ice.
- Pour tea mixture over ice.

Nutrition Facts

PROTEIN 0.56% **FAT 0.32%** **CARBS 99.12%**

Properties

Glycemic Index:20.25, Glycemic Load:0.03, Inflammation Score:-2, Nutrition Score:1.652173883808%

Flavonoids

Eriodictyol: 1.35mg, Eriodictyol: 1.35mg, Eriodictyol: 1.35mg, Eriodictyol: 1.35mg Hesperetin: 0.86mg, Hesperetin: 0.86mg, Hesperetin: 0.86mg, Hesperetin: 0.86mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 192.95kcal (9.65%), Fat: 0.03g (0.05%), Saturated Fat: 0.01g (0.05%), Carbohydrates: 23.69g (7.9%), Net Carbohydrates: 23.39g (8.51%), Sugar: 22.78g (25.31%), Cholesterol: 0mg (0%), Sodium: 12.24mg (0.53%), Alcohol: 14.2g (100%), Alcohol %: 5.78% (100%), Caffeine: 11.8mg (3.93%), Protein: 0.13g (0.27%), Manganese: 0.42mg (21.06%), Vitamin A: 127.88IU (2.56%), Vitamin C: 2.01mg (2.44%), Copper: 0.04mg (1.79%), Calcium: 15.73mg (1.57%), Magnesium: 5.2mg (1.3%), Potassium: 44.28mg (1.27%), Fiber: 0.3g (1.18%), Iron: 0.18mg (1.01%)