



Coconutty Thai Iced Tea

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



10 min.

SERVINGS



2

CALORIES



134 kcal

BEVERAGE

DRINK

Ingredients

- 2 bags tea black
- 0.3 cup coconut or shredded shaved (to rim glass)
- 1 cup lite coconut milk light
- 2 teaspoons sugar
- 2 cups water

Equipment

- paper towels

Directions

- Boil water and let tea steep 3–5 minutes. Stir in sugar, and allow tea to cool to room temperature.
- Dip the corner of a folded paper towel in coconut milk, and brush evenly around the rim of each glass.
- Spread shaved coconut on a clean surface, and gently press the rim of each glass into the coconut to coat it.
- Pour tea carefully into two glasses.
- Add 1/2 cup coconut milk to each glass.
- Add ice and serve immediately.

Nutrition Facts

 **PROTEIN 1.05%**  **FAT 71.09%**  **CARBS 27.86%**

Properties

Glycemic Index:40.05, Glycemic Load:2.85, Inflammation Score:-1, Nutrition Score:1.1369565208645%

Flavonoids

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Nutrients (% of daily need)

Calories: 134.14kcal (6.71%), Fat: 10.02g (15.42%), Saturated Fat: 9.63g (60.19%), Carbohydrates: 8.84g (2.95%), Net Carbohydrates: 7.94g (2.89%), Sugar: 4.61g (5.13%), Cholesterol: 0mg (0%), Sodium: 97.23mg (4.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.33g (0.67%), Manganese: 0.15mg (7.62%), Copper: 0.08mg (4.09%), Fiber:

0.9g (3.6%), Selenium: 1.03µg (1.48%), Magnesium: 5.6mg (1.4%), Iron: 0.25mg (1.36%), Phosphorus: 11.31mg (1.13%), Potassium: 36.05mg (1.03%)