



Cool Rhubarb Iced Tea



Vegetarian



Gluten Free



Dairy Free

READY IN



735 min.

SERVINGS



24

CALORIES



71 kcal

BEVERAGE

DRINK

Ingredients

- 8 tea bags black
- 1 tablespoon honey
- 10 stalks rhubarb fresh chopped
- 1 quart water
- 2 cups sugar white to taste

Equipment

- pot

Directions

- Place rhubarb into a large pot with the sugar and 1 quart of water. Bring to a boil, then simmer over low heat for about 4 hours, stirring occasionally to prevent burning, until rhubarb becomes a thick paste. Cool, then spoon into ice cube trays and freeze overnight.
- Bring 1 quart of water to a boil.
- Pour into a pitcher over the tea bags. Stir in honey and sugar. Cool, then refrigerate until chilled.
- Serve cold ice tea with rhubarb ice cubes.

Nutrition Facts

PROTEIN 1.04% **FAT 1.15%** **CARBS 97.81%**

Properties

Glycemic Index:5.64, Glycemic Load:12.09, Inflammation Score:-1, Nutrition Score:0.90956521163816%

Flavonoids

Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Epicatechin 3-gallate: 0.13mg, Epicatechin 3-gallate: 0.13mg, Epicatechin 3-gallate: 0.13mg, Epicatechin 3-gallate: 0.13mg

Nutrients (% of daily need)

Calories: 71.29kcal (3.56%), Fat: 0.1g (0.15%), Saturated Fat: 0.01g (0.07%), Carbohydrates: 18.29g (6.1%), Net Carbohydrates: 17.9g (6.51%), Sugar: 17.59g (19.54%), Cholesterol: 0mg (0%), Sodium: 3.02mg (0.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.19g (0.39%), Vitamin K: 6.23µg (5.93%), Manganese: 0.04mg (2.15%), Vitamin C: 1.7mg (2.07%), Calcium: 19.68mg (1.97%), Potassium: 61.99mg (1.77%), Fiber: 0.38g (1.54%)