

## Frozen Iced Tea

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



114 kcal

BEVERAGE

DRINK

### Ingredients

- 2 tablespoons plus
- 6 tablespoons juice of lemon fresh
- 1 cup sugar
- 3 ginger tea bags
- 0.5 cup water
- 6 cups water boiling

### Equipment

- bowl

- sauce pan
- baking pan

## Directions

- Place tea bags in a large bowl.
- Pour boiling water over tea bags; steep 10 minutes.
- Remove and discard tea bags.
- Combine sugar, 1/2 cup water, and light-colored corn syrup in a saucepan; bring to a boil over medium-high heat.
- Remove from heat; let stand 5 minutes.
- Add sugar mixture and fresh lemon juice to tea; stir to combine.
- Let cool to room temperature.
- Pour cooled tea mixture into a 13 x 9-inch baking dish; cover and freeze for at least 6 hours or until firm.
- Remove tea mixture from freezer; scrape entire mixture with a fork until fluffy. Spoon into a container; cover and freeze for up to 1 month.
- Garnish with lemon slices and mint sprigs, if desired.

## Nutrition Facts

**PROTEIN 0.13%** **FAT 0.88%** **CARBS 98.99%**

## Properties

Glycemic Index:11.14, Glycemic Load:18.26, Inflammation Score:-1, Nutrition Score:0.51173914183417%

## Flavonoids

Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

## Nutrients (% of daily need)

Calories: 114.29kcal (5.71%), Fat: 0.12g (0.18%), Saturated Fat: 0g (0.03%), Carbohydrates: 29.9g (9.97%), Net Carbohydrates: 29.87g (10.86%), Sugar: 29.46g (32.73%), Cholesterol: 0mg (0%), Sodium: 13.38mg (0.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.04g (0.08%), Vitamin C: 4.35mg (5.28%), Copper: 0.03mg

(1.72%)