

Good Ol' Alabama Sweet Tea

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



11 min.

SERVINGS



8

CALORIES



193 kcal

BEVERAGE

DRINK

Ingredients

- 1 ice cubes
- 2 cups sugar
- 3 freshly tea
- 0.5 gallon water

Equipment

- frying pan

Directions

- Pour the sugar into a large pitcher. Bring water to a boil in a large pan. When the water begins to boil, remove from the heat, and place the teabags in.
- Let steep for 5 to 6 minutes.
- Remove tea bags, and return tea to the heat. Bring just to a boil, then pour into the pitcher, and stir until the sugar is dissolved. Fill the pitcher half way with ice, and stir until most of it melts. Then fill the pitcher the rest of the way with cold water, and stir until blended.

Nutrition Facts

PROTEIN 0% **FAT 0.72%** **CARBS 99.28%**

Properties

Glycemic Index:8.76, Glycemic Load:34.91, Inflammation Score:1, Nutrition Score:0.2147826059195%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Theaflavin: 0.01mg, Theaflavin: 0.01mg, Theaflavin: 0.01mg, Theaflavin: 0.01mg Thearubigins: 0.3mg, Thearubigins: 0.3mg, Thearubigins: 0.3mg, Thearubigins: 0.3mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg Theaflavin-3,3'-digallate: 0.01mg, Theaflavin-3,3'-digallate: 0.01mg, Theaflavin-3,3'-digallate: 0.01mg, Theaflavin-3,3'-digallate: 0.01mg Theaflavin-3'-gallate: 0.01mg, Theaflavin-3'-gallate: 0.01mg, Theaflavin-3'-gallate: 0.01mg, Theaflavin-3'-gallate: 0.01mg

Nutrients (% of daily need)

Calories: 192.5kcal (9.63%), Fat: 0.16g (0.25%), Saturated Fat: 0g (0%), Carbohydrates: 49.8g (16.6%), Net Carbohydrates: 49.8g (18.11%), Sugar: 49.9g (55.44%), Cholesterol: 0mg (0%), Sodium: 12.43mg (0.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0g (0%), Copper: 0.04mg (2.08%)