



Honey-Green Tea Fizz

 **Gluten Free**  **Dairy Free**

READY IN



130 min.

SERVINGS



8

CALORIES



175 kcal

BEVERAGE

DRINK

Ingredients

- 2 liter ginger ale chilled
- 0.5 cup honey
- 0.3 cup juice of lemon fresh
- 0.3 cup sugar
- 8 regular-size ginger-flavored tea bags green
- 4 cups water boiling

Equipment

Directions

- Steep tea bags in boiling water according to package directions. Stir in honey and sugar until dissolved; cool completely (about 2 hours).
- Combine tea, chilled ginger ale, and fresh lemon juice.
- Serve over ice.
- Note: We tested with Tazo Tea.

Nutrition Facts

PROTEIN 0.2% FAT 0.19% CARBS 99.61%

Properties

Glycemic Index:23.17, Glycemic Load:27.23, Inflammation Score:0, Nutrition Score:0.88826087254869%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 174.94kcal (8.75%), Fat: 0.04g (0.06%), Saturated Fat: 0g (0.02%), Carbohydrates: 46.06g (15.35%), Net Carbohydrates: 45.99g (16.72%), Sugar: 46.02g (51.13%), Cholesterol: 0mg (0%), Sodium: 24.36mg (1.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.09g (0.18%), Vitamin C: 3.06mg (3.71%), Copper: 0.07mg (3.66%), Iron: 0.55mg (3.04%), Manganese: 0.05mg (2.53%), Calcium: 12.82mg (1.28%), Zinc: 0.19mg (1.25%), Magnesium: 4.56mg (1.14%)