



Iced Apple Tea



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



25 kcal

BEVERAGE

DRINK

Ingredients

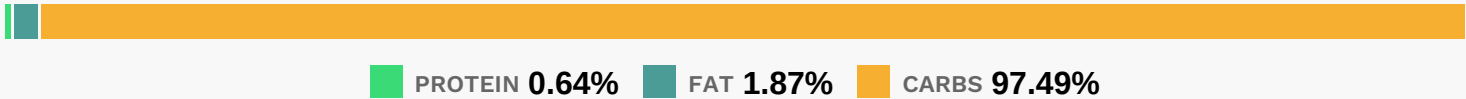
- ☐ 1 slices garnishes: apple cinnamon sticks green
- ☐ 6 ounce apple juice concentrate frozen undiluted canned
- ☐ 1 tablespoon sugar
- ☐ 4 cinnamon-apple tea bags
- ☐ 2 cups water cold
- ☐ 3 cups water boiling

Equipment

Directions

- ☐ Pour 3 cups boiling water over tea bags; cover and steep 5 minutes.
- ☐ Remove and discard bags. Stir in sugar, juice concentrate, and 2 cups cold water.
- ☐ Serve over ice; garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:23.17, Glycemic Load:3.22, Inflammation Score:-1, Nutrition Score:0.52043478142308%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Catechin: 0.43mg, Catechin: 0.43mg, Catechin: 0.43mg, Catechin: 0.43mg Epicatechin: 1.6mg, Epicatechin: 1.6mg, Epicatechin: 1.6mg, Epicatechin: 1.6mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 25.38kcal (1.27%), Fat: 0.05g (0.08%), Saturated Fat: 0.01g (0.05%), Carbohydrates: 6.4g (2.13%), Net Carbohydrates: 6.22g (2.26%), Sugar: 5.67g (6.3%), Cholesterol: 0mg (0%), Sodium: 13.23mg (0.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.04g (0.08%), Manganese: 0.06mg (3.01%), Copper: 0.04mg (2.14%), Calcium: 11.85mg (1.18%), Magnesium: 4.19mg (1.05%), Potassium: 35.27mg (1.01%)