



Iced Hibiscus Sweet Tea



Gluten Free



Dairy Free



Low Fod Map

READY IN



140 min.

SERVINGS



5

CALORIES



181 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 3 cups ginger ale chilled
- ☐ 1 lime sliced
- ☐ 1 navel oranges sliced
- ☐ 0.8 cup sugar
- ☐ 8 regular-size hibiscus tea bags

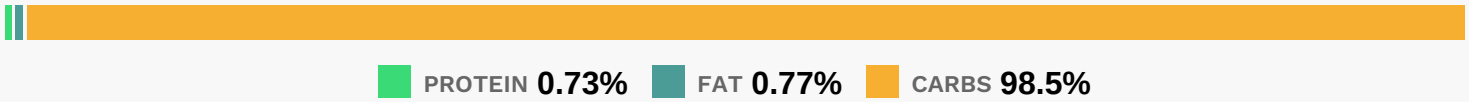
Equipment

- ☐ sauce pan

Directions

- ☐ Bring 4 cups water to a boil in a 2-qt. saucepan.
- ☐ Remove from heat, and add tea bags. Cover and steep 10 minutes. Discard tea bags. Stir in sugar until dissolved; add orange and lime slices. Cover and chill 2 to 6 hours. Stir in ginger ale, and serve over ice.
- ☐ Note: We tested with Celestial Seasonings Red Zinger Herbal Tea.

Nutrition Facts



Properties

Glycemic Index:33.02, Glycemic Load:29.09, Inflammation Score:-2, Nutrition Score:2.2960869896671%

Flavonoids

Hesperetin: 11.89mg, Hesperetin: 11.89mg, Hesperetin: 11.89mg, Hesperetin: 11.89mg Naringenin: 2.44mg, Naringenin: 2.44mg, Naringenin: 2.44mg, Naringenin: 2.44mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 181.38kcal (9.07%), Fat: 0.16g (0.25%), Saturated Fat: 0.01g (0.05%), Carbohydrates: 47.2g (15.73%), Net Carbohydrates: 46.21g (16.8%), Sugar: 45.15g (50.17%), Cholesterol: 0mg (0%), Sodium: 10.76mg (0.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.35g (0.7%), Vitamin C: 20.45mg (24.78%), Fiber: 0.99g (3.96%), Folate: 10.59µg (2.65%), Copper: 0.05mg (2.36%), Iron: 0.39mg (2.15%), Calcium: 21.01mg (2.1%), Potassium: 62.16mg (1.78%), Vitamin B1: 0.02mg (1.54%), Vitamin A: 75.86IU (1.52%), Manganese: 0.03mg (1.44%), Vitamin B6: 0.03mg (1.39%), Vitamin B2: 0.02mg (1.33%), Magnesium: 5.3mg (1.33%), Vitamin B5: 0.1mg (1.02%)