



Iced Red Tea



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



48 kcal

BEVERAGE

DRINK

Ingredients



0.5 cup sugar



8 zinger tea bags red



2 cups water cold



4 cups water boiling

Equipment

Directions

- ☐ Pour 4 cups boiling water over tea bags; cover and steep 5 minutes.
- ☐ Remove tea bags from water, squeezing gently.
- ☐ Add 2 cups cold water and 1/2 cup sugar, stirring until sugar dissolves.
- ☐ Serve over ice.
- ☐ *For testing purposes only, we substituted 1/2 cup Splenda Granular to make a sugar-free beverage.
- ☐ Note: For testing purposes only, we used Kalahari Red Tea.

Nutrition Facts



Properties

Glycemic Index:8.76, Glycemic Load:8.73, Inflammation Score:0, Nutrition Score:0.12565217612554%

Nutrients (% of daily need)

Calories: 48.13kcal (2.41%), Fat: 0.04g (0.06%), Saturated Fat: 0g (0%), Carbohydrates: 12.45g (4.15%), Net Carbohydrates: 12.45g (4.53%), Sugar: 12.48g (13.86%), Cholesterol: 0mg (0%), Sodium: 9mg (0.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0g (0%), Copper: 0.03mg (1.46%)