



Iced Tea II



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



70 min.

SERVINGS



8

CALORIES



76 kcal

BEVERAGE

DRINK

Ingredients



0.5 cup juice of lemon



3 orange pekoe tea bags



8 cups water



0.8 cup sugar white

Equipment



sauce pan

Directions

- ☐
- In a large saucepan, heat water to a rapid boil.
- ☐
- Remove from heat and drop in the tea bags. Cover and let steep for 1 hour.
- ☐
- In a large pitcher, combine the steeped tea and the sugar. Stir until sugar is dissolved, then stir in lemon juice. Refrigerate until chilled.

Nutrition Facts



Properties

Glycemic Index:8.76, Glycemic Load:13.09, Inflammation Score:-1, Nutrition Score:0.62652173946085%

Flavonoids

Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 75.54kcal (3.78%), Fat: 0.1g (0.15%), Saturated Fat: 0.01g (0.04%), Carbohydrates: 19.73g (6.58%), Net Carbohydrates: 19.68g (7.16%), Sugar: 19.1g (21.22%), Cholesterol: 0mg (0%), Sodium: 12.17mg (0.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.05g (0.11%), Vitamin C: 5.9mg (7.15%), Copper: 0.04mg (2.08%)