



Lemon and Mint Iced Tea

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



74 kcal

BEVERAGE

DRINK

Ingredients

- 1 sprig mint leaves fresh ()
- 0.3 cup juice of lemon fresh
- 0.8 cup sugar
- 3 family-sized tea bags
- 8 cups water divided

Equipment

- frying pan
- sauce pan

measuring cup

Directions

- Bring 4 cups water to a boil in a medium saucepan.
- Add tea bags and mint to pan; steep 10 minutes.
- Remove and discard tea bags and mint.
- Combine sugar and juice in a glass measuring cup.
- Add 1/2 cup hot tea mixture; stir until sugar dissolves.
- Pour sugar mixture into a 2-quart pitcher.
- Pour the remaining hot tea mixture into pitcher.
- Add 4 cups cold water; stir.
- Serve over ice.
- Garnish with lemon slices and mint sprigs, if desired.

Nutrition Facts

 PROTEIN 0.16%  FAT 0.92%  CARBS 98.92%

Properties

Glycemic Index:8.76, Glycemic Load:13.09, Inflammation Score:-1, Nutrition Score:0.42130435177166%

Flavonoids

Eriodictyol: 0.41mg, Eriodictyol: 0.41mg, Eriodictyol: 0.41mg, Eriodictyol: 0.41mg Hesperetin: 1.12mg, Hesperetin: 1.12mg, Hesperetin: 1.12mg, Hesperetin: 1.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 73.95kcal (3.7%), Fat: 0.08g (0.12%), Saturated Fat: 0g (0.02%), Carbohydrates: 19.22g (6.41%), Net Carbohydrates: 19.19g (6.98%), Sugar: 18.9g (21.01%), Cholesterol: 0mg (0%), Sodium: 12.13mg (0.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.03g (0.06%), Vitamin C: 2.99mg (3.63%), Copper: 0.04mg (2.04%)