

Lemon Iced Tea



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



15 min.

SERVINGS



8

CALORIES



139 kcal

BEVERAGE

DRINK

Ingredients



6 tea bags black



2 cups mint leaves fresh plus more for garnish



0.5 cup juice of lemon fresh



2 large lemons



1.3 cups sugar



8 cups water

Equipment



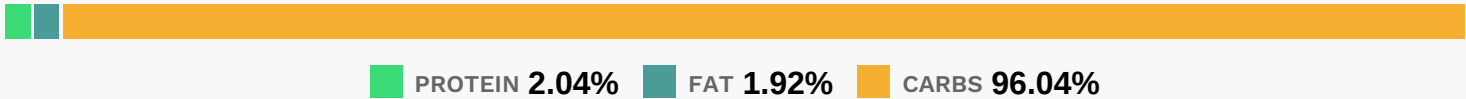
sauce pan

☐ peeler

Directions

- ☐ Using a vegetable peeler, remove bright yellow peel from lemons.
- ☐ Combine lemon peel and sugar in a medium saucepan with 1/2 cup water and bring to a boil, stirring to dissolve sugar. Lower heat and simmer 2 minutes.
- ☐ Remove from heat and stir in mint. Cool to room temperature; strain.
- ☐ Steep the tea bags in 4 cups of boiling water, covered, for 5 minutes. Then remove tea bags. Stir in syrup, lemon juice, 4 cups cold water, and ice cubes.
- ☐ Serve in tall glasses filled with ice and a few mint leaves.

Nutrition Facts



Properties

Glycemic Index:11.95, Glycemic Load:22.26, Inflammation Score:-5, Nutrition Score:3.8752173742522%

Flavonoids

Eriodictyol: 9.99mg, Eriodictyol: 9.99mg, Eriodictyol: 9.99mg, Eriodictyol: 9.99mg Hesperetin: 10.88mg, Hesperetin: 10.88mg, Hesperetin: 10.88mg, Hesperetin: 10.88mg Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg Apigenin: 0.61mg, Apigenin: 0.61mg, Apigenin: 0.61mg, Apigenin: 0.61mg Luteolin: 1.94mg, Luteolin: 1.94mg, Luteolin: 1.94mg, Luteolin: 1.94mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 139.37kcal (6.97%), Fat: 0.32g (0.5%), Saturated Fat: 0.04g (0.28%), Carbohydrates: 36.37g (12.12%), Net Carbohydrates: 34.67g (12.61%), Sugar: 32.25g (35.83%), Cholesterol: 0mg (0%), Sodium: 16.32mg (0.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.77g (1.54%), Vitamin C: 23.79mg (28.84%), Vitamin A: 484.76IU (9.7%), Manganese: 0.14mg (7.17%), Fiber: 1.7g (6.81%), Folate: 18.84µg (4.71%), Copper: 0.09mg (4.47%), Calcium: 42.68mg (4.27%), Iron: 0.76mg (4.23%), Magnesium: 14.44mg (3.61%), Potassium: 117.61mg (3.36%), Vitamin B2: 0.04mg (2.56%), Vitamin B6: 0.04mg (2.16%), Vitamin B1: 0.02mg (1.58%), Phosphorus: 13.75mg (1.38%), Zinc: 0.18mg (1.17%), Vitamin B3: 0.23mg (1.16%), Vitamin B5: 0.11mg (1.09%)