



Lemon Tea Slush



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



55 min.

SERVINGS



12

CALORIES



166 kcal

DESSERT

Ingredients



5 cups water



2 tea bags green



1 cup sugar



12 ounces lemonade concentrate frozen thawed canned



1 cup vodka



1 liter seltzer water chilled



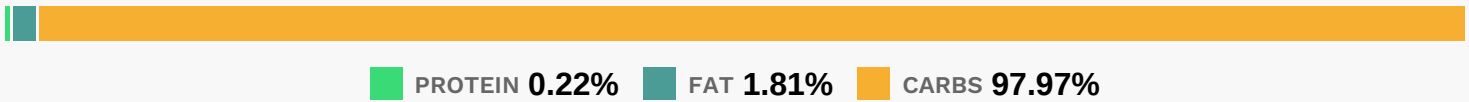
1 slices optional: lemon

Equipment

Directions

- ☐ Heat 1 cup of the water to boiling.
- ☐ Pour water over tea bags; let steep 10 minutes.
- ☐ Remove tea bags; cool tea.
- ☐ Heat remaining 4 cups water to boiling. Stir in sugar until dissolved.
- ☐ Remove from heat; cool.
- ☐ In 3-quart plastic container, mix tea, sugar water, lemonade concentrate and vodka. Cover and freeze at least 24 hours.
- ☐ To serve, place 2/3 cup slush in each glass and fill with 1/3 cup sparkling water; stir.
- ☐ Garnish with lemon slices.

Nutrition Facts



Properties

Glycemic Index:9.22, Glycemic Load:11.64, Inflammation Score:-1, Nutrition Score:0.58260869931268%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 166.1kcal (8.31%), Fat: 0.25g (0.39%), Saturated Fat: 0.01g (0.05%), Carbohydrates: 30.8g (10.27%), Net Carbohydrates: 30.7g (11.16%), Sugar: 29.26g (32.51%), Cholesterol: 0mg (0%), Sodium: 24.79mg (1.08%), Alcohol: 6.68g (100%), Alcohol %: 3.41% (100%), Protein: 0.07g (0.14%), Vitamin C: 4.02mg (4.88%), Copper: 0.03mg (1.39%)