



Lemonade Iced Tea

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



20 min.

SERVINGS



8

CALORIES



85 kcal

BEVERAGE

DRINK

Ingredients

- 3 cups water
- 4 ginger tea bags
- 12 oz lemonade concentrate frozen canned
- 2 cups water cold
- 8 cups ice cubes
- 8 slices optional: lemon thin

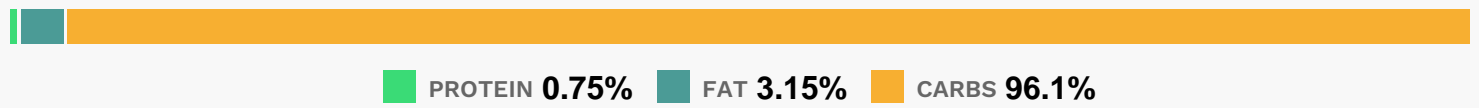
Equipment

- sauce pan

Directions

- In large saucepan, heat 3 cups water to boiling.
- Remove from heat; add tea bags.
- Let stand 10 minutes to steep.
- Remove and discard tea bags.
- Add lemonade concentrate and cold water; stir to blend.
- Pour into serving pitcher; add ice cubes and lemon slices.

Nutrition Facts



Properties

Glycemic Index:3.19, Glycemic Load:0.12, Inflammation Score:-1, Nutrition Score:1.1469565201551%

Flavonoids

Eriodictyol: 1.5mg, Eriodictyol: 1.5mg, Eriodictyol: 1.5mg, Eriodictyol: 1.5mg Hesperetin: 1.95mg, Hesperetin: 1.95mg, Hesperetin: 1.95mg, Hesperetin: 1.95mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 85.38kcal (4.27%), Fat: 0.32g (0.49%), Saturated Fat: 0.01g (0.08%), Carbohydrates: 21.87g (7.29%), Net Carbohydrates: 21.55g (7.84%), Sugar: 19.1g (21.22%), Cholesterol: 0mg (0%), Sodium: 22.34mg (0.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.17g (0.34%), Vitamin C: 9.28mg (11.25%), Copper: 0.07mg (3.48%), Magnesium: 7.38mg (1.85%), Calcium: 16.33mg (1.63%), Fiber: 0.32g (1.29%), Potassium: 40.28mg (1.15%)