





## Lemonade Iced Tea

 Vegetarian  Vegan  Gluten Free  Dairy Free  Popular  Low Fod Map

READY IN



15 min.

SERVINGS



10

CALORIES



74 kcal

BEVERAGE

DRINK

## Ingredients

- 1 oz mint leaves fresh loosely packed ( 1 cup )
- 6 oz lemonade concentrate frozen thawed canned
- 0.5 cup sugar
- 2 ginger tea bags
- 3 cups water
- 4 cups water cold
- 1 slices frangelico fresh
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# Equipment

sauce pan

# Directions

- Bring 3 cups water to a boil in a 2-qt. saucepan.
- Remove from heat, add tea bags, and stir in fresh mint. Cover and steep 10 minutes.
- Remove and discard tea bags and mint. Stir in sugar until dissolved.
- Pour tea into a 3-qt. container, and stir in 4 cups cold water and lemonade concentrate.
- Serve over ice.
- Garnish, if desired.
- Bourbon-Lemonade Iced Tea: Prepare recipe as directed, and stir in 1 cup bourbon. Makes 9 cups.
- Spiced Dark Rum-Lemonade Iced Tea: Prepare recipe as directed, and stir in 1 cup spiced dark rum. Makes 9 cups.

# Nutrition Facts

PROTEIN 0.74% FAT 2.06% CARBS 97.2%

# Properties

Glycemic Index:7.01, Glycemic Load:6.98, Inflammation Score:-1, Nutrition Score:0.84391304486148%

# Flavonoids

Eriodictyol: 0.88mg, Eriodictyol: 0.88mg, Eriodictyol: 0.88mg, Eriodictyol: 0.88mg Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg

# Nutrients (% of daily need)

Calories: 73.82kcal (3.69%), Fat: 0.18g (0.27%), Saturated Fat: 0.01g (0.07%), Carbohydrates: 18.87g (6.29%), Net Carbohydrates: 18.59g (6.76%), Sugar: 17.55g (19.5%), Cholesterol: 0mg (0%), Sodium: 10.45mg (0.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.14g (0.29%), Vitamin C: 3.13mg (3.79%), Vitamin A: 120.43IU (2.41%), Copper: 0.04mg (1.94%), Manganese: 0.04mg (1.8%), Calcium: 13.15mg (1.31%), Magnesium: 5.11mg (1.28%), Folate: 4.42µg (1.11%), Fiber: 0.28g (1.11%)