



Lemonade Iced Tea



Vegetarian



Vegan



Gluten Free



Dairy Free



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 family-size tea bags
- ☐ 3 cups water
- ☐ 4 cups water cold
- ☐ 1 slices garnish: citrus fresh
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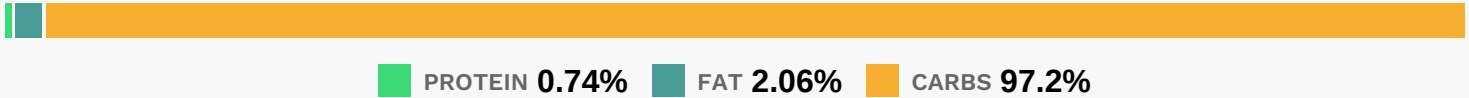
Equipment

☐ 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



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%), Fiber: 0.28g (1.11%), Folate: 4.42µg (1.11%)