



Lemonade Iced Tea Sorbet

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



77 kcal

DESSERT

Ingredients

- 1 cup ice water
- 0.8 cup juice of lemon fresh (4 lemons)
- 0.8 cup sugar
- 4 regular-sized breakfast tea bags english
- 2 cups water boiling

Equipment

- bowl

Directions

- Combine 2 cups boiling water and tea bags in a large bowl; steep 5 minutes. Discard tea bags.
- Add sugar to tea mixture, stirring until sugar dissolves. Cool completely. Stir in juice and 1 cup ice water; chill 1 hour.
- Pour tea mixture into the freezer can of an ice-cream freezer; freeze according to manufacturer's instructions. Spoon sorbet into a freezer-safe container. Cover and freeze 1 hour or until firm.
- Garnish with mint sprigs, if desired.

Nutrition Facts

PROTEIN 0.39% **FAT 1.26%** **CARBS 98.35%**

Properties

Glycemic Index:8.76, Glycemic Load:13.09, Inflammation Score:-1, Nutrition Score:0.76391302267818%

Flavonoids

Eriodictyol: 1.12mg, Eriodictyol: 1.12mg, Eriodictyol: 1.12mg, Eriodictyol: 1.12mg Hesperetin: 3.31mg, Hesperetin: 3.31mg, Hesperetin: 3.31mg, Hesperetin: 3.31mg Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 77.22kcal (3.86%), Fat: 0.11g (0.18%), Saturated Fat: 0.01g (0.06%), Carbohydrates: 20.25g (6.75%), Net Carbohydrates: 20.18g (7.34%), Sugar: 19.29g (21.43%), Cholesterol: 0mg (0%), Sodium: 4.85mg (0.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.08g (0.16%), Vitamin C: 8.85mg (10.73%), Folate: 4.57µg (1.14%)