



Lemonade Sweet Tea



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



25 min.

SERVINGS



25

CALORIES



43 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 cup mint leaves fresh loosely packed
- ☐ 12 oz lemonade concentrate frozen thawed canned
- ☐ 1 slices garnishes: orange lemon balm halved
- ☐ 0.5 cup sugar
- ☐ 2 family-size tea bags
- ☐ 3 cups water
- ☐ 4 cups water cold

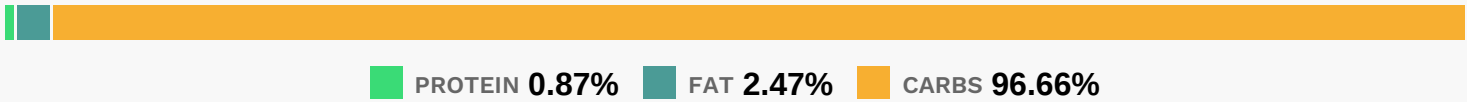
Equipment

☐ 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.
- ☐ 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.
- ☐ Spiked Lemonade Sweet Tea: Prepare Lemonade Sweet Tea recipe as directed. Stir in 1 cup bourbon or 1 cup spiced dark rum just before serving.
- ☐ Garnish with fresh sugarcane and fresh pineapple slices, if desired.
- ☐ Ginger-and-Honey Sweet Tea: Prepare Southern Sweet Tea recipe as directed, omitting sugar and stirring in 1/2 cup honey and 1 Tbsp. grated fresh ginger.
- ☐ Garnish with lemon slices, if desired.

Nutrition Facts



Properties

Glycemic Index:2.8, Glycemic Load:2.79, Inflammation Score:-1, Nutrition Score:0.55391303344589%

Flavonoids

Eriodictyol: 0.57mg, Eriodictyol: 0.57mg, Eriodictyol: 0.57mg, Eriodictyol: 0.57mg Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg

Nutrients (% of daily need)

Calories: 43.36kcal (2.17%), Fat: 0.13g (0.19%), Saturated Fat: 0.01g (0.05%), Carbohydrates: 11.05g (3.68%), Net Carbohydrates: 10.86g (3.95%), Sugar: 10.05g (11.16%), Cholesterol: 0mg (0%), Sodium: 4.88mg (0.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.1g (0.2%), Vitamin C: 2.37mg (2.87%), Vitamin A: 78.16IU (1.56%), Manganese: 0.02mg (1.18%)