



Marian's Iced Tea



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



5

CALORIES



1 kcal

BEVERAGE

DRINK

Ingredients



1 slices garnishes: lemon mint sprigs



0 ounce no-calorie sweetener



4 regular-size tea bags



5 cups water divided

Equipment

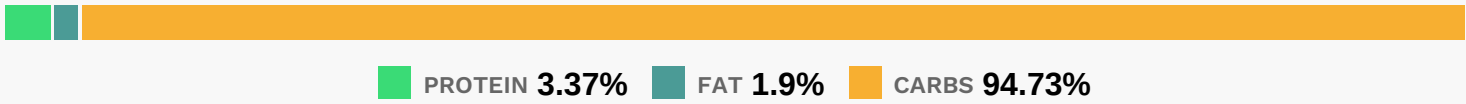


sauce pan

Directions

- ☐ Bring tea bags and 2 cups water to a boil in a saucepan; turn off heat. Cover and steep 30 minutes.
- ☐ Remove and discard tea bags.
- ☐ Pour into a 1/2-gallon pitcher, and add 3 cups water and sweetener, stirring well.
- ☐ Serve over ice.
- ☐ Garnish, if desired.
- ☐ *1/2 cup sugar, 13 (O35-ounce) packets Equal, or 1/2 cup Equal Sugar Lite may be substituted.
- ☐ Note: For testing purposes only, we used Luzianne Tea and Splenda.

Nutrition Facts



Properties

Glycemic Index:10, Glycemic Load:0.09, Inflammation Score:-1, Nutrition Score:0.18086956198449%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg

Nutrients (% of daily need)

Calories: 0.81kcal (0.04%), Fat: 0g (0%), Saturated Fat: 0g (0%), Carbohydrates: 0.21g (0.07%), Net Carbohydrates: 0.19g (0.07%), Sugar: 0.16g (0.18%), Cholesterol: 0mg (0%), Sodium: 11.89mg (0.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.01g (0.01%), Copper: 0.04mg (1.93%)