

DRINKS

Minted Lemon Iced Tea

16 September 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	4	\$1.01	200 kcal

Minted Lemon Iced Tean is a gluten free, dairy free, lacto ovo vegetarian, and fodmap friendly recipe with 4 servings. This beverage has 200 calories, 0g of protein, and 0g of fat per serving. For \$1.01 per serving, this recipe covers 2% of your daily requirements of vitamins and minerals.

Ingredients

- ☐ 1 cup fresh mint leaves
- ☐ 1 cups sugar
- ☐ 10 lemon zinger tea bags
- ☐ 2 quarts boiling water

Method

- 1

Pour boiling water over tea bags. Stir in sugar and mint; steep 5 minutes.
- 2

Remove tea bags and mint leaves. Chill 2 hours.

Nutrition per serving

200	0 g	0 g	51 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			0 g · 0% of daily needs
Fibre			0.9 g · 4% of daily needs
Sugar			49.9 g · 55% of daily needs
Sodium			27.7 mg · 1% of daily needs
Cholesterol			0 mg · 0% of daily needs
Vitamin C			3.6 mg · 4% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/minted-lemon-iced-tea-142977