



Morning Afternoon Night Iced Tea

 Vegetarian  Gluten Free

READY IN



300 min.

SERVINGS



8

CALORIES



101 kcal

BEVERAGE

DRINK

Ingredients

- 0.5 cup honey
- 2 cups milk
- 4 irish breakfast tea bags
- 2 quarts water boiling

Equipment

Directions

- In a gallon pitcher or jar, combine the boiling water and tea bags.
- Let steep for about 1/2 hour, or until desired strength is achieved.
- Remove tea bags, and stir in honey to taste. Refrigerate until chilled, 3 to 4 hours. Stir in milk.

Nutrition Facts



Properties

Glycemic Index:11.28, Glycemic Load:10.19, Inflammation Score:-1, Nutrition Score:2.3156521566536%

Nutrients (% of daily need)

Calories: 101.01kcal (5.05%), Fat: 1.95g (3%), Saturated Fat: 1.13g (7.09%), Carbohydrates: 20.31g (6.77%), Net Carbohydrates: 20.26g (7.37%), Sugar: 20.33g (22.59%), Cholesterol: 7.32mg (2.44%), Sodium: 35.86mg (1.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.06g (4.13%), Calcium: 83.4mg (8.34%), Phosphorus: 62.46mg (6.25%), Vitamin B12: 0.33µg (5.49%), Vitamin B2: 0.09mg (5.43%), Vitamin D: 0.67µg (4.47%), Potassium: 102.52mg (2.93%), Magnesium: 10.11mg (2.53%), Vitamin B5: 0.24mg (2.42%), Copper: 0.05mg (2.3%), Vitamin B1: 0.03mg (2.28%), Zinc: 0.32mg (2.14%), Vitamin B6: 0.04mg (2.11%), Vitamin A: 98.82IU (1.98%), Selenium: 1.33µg (1.9%)