



Orange Ice Tea



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



130 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 sprigs basil to garnish fresh
- ☐ 4 servings ice cubes
- ☐ 0.5 small cranberry-orange relish thinly sliced
- ☐ 1 cup orange juice
- ☐ 7 tea bags black red recommended: Rose
- ☐ 3 cups seltzer water chilled
- ☐ 0.5 cup sugar
- ☐ 2 cups water

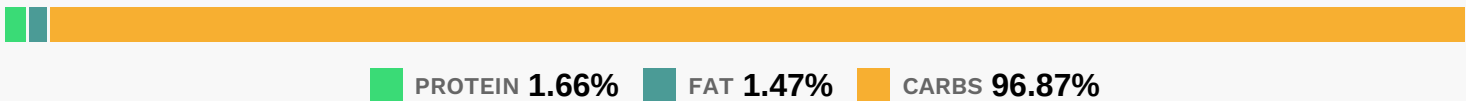
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Watch how to make this recipe.
- ☐ Special equipment: a 60-ounce (7 1/2 cups) pitcher
- ☐ For the syrup: In a small saucepan, bring the orange juice and sugar to a boil over medium-high heat. Simmer, stirring occasionally, until the sugar has dissolved, about 5 minutes.
- ☐ Remove from the heat and cool for 20 minutes.
- ☐ For the tea: In a small saucepan, bring the water to a boil.
- ☐ Add the tea bags and remove the pan from the heat. Allow the tea to steep and cool to room temperature, about 20 minutes.
- ☐ Remove the tea bags and discard.
- ☐ Pour the tea and syrup into a pitcher and refrigerate until ready to serve.
- ☐ Pour the sparkling water into the pitcher and add the orange slices.
- ☐ Pour the tea into 4 ice-filled glasses.
- ☐ Garnish with fresh mint, or basil, and serve.

Nutrition Facts



Properties

Glycemic Index:58.65, Glycemic Load:21.22, Inflammation Score:-3, Nutrition Score:3.8399999076905%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 10.68mg, Hesperetin: 10.68mg, Hesperetin: 10.68mg, Hesperetin: 10.68mg Naringenin: 3.17mg, Naringenin: 3.17mg, Naringenin: 3.17mg, Naringenin: 3.17mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 129.9kcal (6.5%), Fat: 0.22g (0.34%), Saturated Fat: 0.02g (0.11%), Carbohydrates: 32.78g (10.93%), Net Carbohydrates: 32.36g (11.77%), Sugar: 31.28g (34.76%), Cholesterol: 0mg (0%), Sodium: 46.87mg (2.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.56g (1.13%), Vitamin C: 37.47mg (45.42%), Folate: 22.54µg (5.64%), Vitamin B1: 0.07mg (4.43%), Potassium: 151.24mg (4.32%), Copper: 0.07mg (3.74%), Vitamin A: 177.38IU (3.55%), Magnesium: 11.86mg (2.96%), Calcium: 26.86mg (2.69%), Vitamin K: 2.14µg (2.04%), Fiber: 0.42g (1.68%), Vitamin B2: 0.03mg (1.68%), Vitamin B6: 0.03mg (1.64%), Zinc: 0.24mg (1.61%), Vitamin B5: 0.15mg (1.49%), Vitamin B3: 0.29mg (1.43%), Phosphorus: 12.5mg (1.25%), Iron: 0.18mg (1.01%), Manganese: 0.02mg (1.01%)