



Sandy's Sweet Tea



Gluten Free



Dairy Free



Low Fod Map

READY IN



40 min.

SERVINGS



8

CALORIES



253 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 8 cups freshly tea black brewed use 6 tea bags
- ☐ 2 sprigs mint leaves plus more for garnish
- ☐ 8 servings rock candy for garnish
- ☐ 0.5 cup sugar
- ☐ 6 ounces vodka lemon flavored
- ☐ 0.5 cup warm water

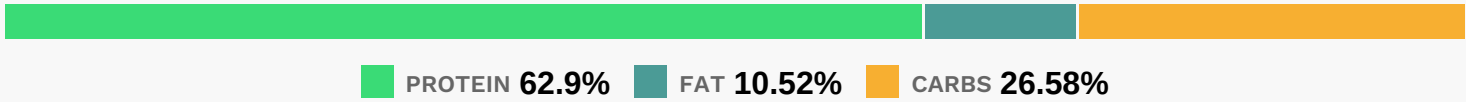
Equipment

- ☐ sauce pan

Directions

- ☐ In a small saucepan over medium heat combine the sugar with 1/2 cup water and add in the 2 sprigs of mint leaves. Bring to a boil, stirring to dissolve the sugar.
- ☐ Remove from the heat and let cool.
- ☐ In a large pitcher stir together the tea with the sugar syrup.
- ☐ Serve chilled over ice with a sprig of mint and a piece of rock candy for garnish.
- ☐ Add vodka, if desired.

Nutrition Facts



Properties

Glycemic Index:10.64, Glycemic Load:8.73, Inflammation Score:-9, Nutrition Score:16.232608730054%

Flavonoids

Catechin: 3.56mg, Catechin: 3.56mg, Catechin: 3.56mg, Catechin: 3.56mg Epigallocatechin: 19mg, Epigallocatechin: 19mg, Epigallocatechin: 19mg, Epigallocatechin: 19mg Epicatechin: 5.03mg, Epicatechin: 5.03mg, Epicatechin: 5.03mg, Epicatechin: 5.03mg Epicatechin 3–gallate: 13.83mg, Epicatechin 3–gallate: 13.83mg, Epicatechin 3–gallate: 13.83mg, Epicatechin 3–gallate: 13.83mg Epigallocatechin 3–gallate: 22.09mg, Epigallocatechin 3–gallate: 22.09mg, Epigallocatechin 3–gallate: 22.09mg, Epigallocatechin 3–gallate: 22.09mg Theaflavin: 3.73mg, Theaflavin: 3.73mg, Theaflavin: 3.73mg, Theaflavin: 3.73mg Thearubigins: 191.87mg, Thearubigins: 191.87mg, Thearubigins: 191.87mg, Thearubigins: 191.87mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 3.33mg, Kaempferol: 3.33mg, Kaempferol: 3.33mg, Kaempferol: 3.33mg Myricetin: 1.06mg, Myricetin: 1.06mg, Myricetin: 1.06mg, Myricetin: 1.06mg Quercetin: 5.17mg, Quercetin: 5.17mg, Quercetin: 5.17mg, Quercetin: 5.17mg Theaflavin–3,3'–digallate: 4.13mg, Theaflavin–3,3'–digallate: 4.13mg, Theaflavin–3,3'–digallate: 4.13mg, Theaflavin–3'–gallate: 3.56mg, Theaflavin–3'–gallate: 3.56mg, Theaflavin–3'–gallate: 3.56mg, Theaflavin–3'–gallate: 3.56mg Gallocatechin: 2.95mg, Gallocatechin: 2.95mg, Gallocatechin: 2.95mg, Gallocatechin: 2.95mg

Nutrients (% of daily need)

Calories: 252.78kcal (12.64%), Fat: 2.32g (3.57%), Saturated Fat: 0.6g (3.72%), Carbohydrates: 13.2g (4.4%), Net Carbohydrates: 13.18g (4.79%), Sugar: 12.48g (13.86%), Cholesterol: 85mg (28.33%), Sodium: 134.03mg (5.83%), Alcohol: 7.1g (100%), Alcohol %: 1.98% (100%), Caffeine: 47.2mg (15.73%), Protein: 31.22g (62.44%), Selenium:

107.18µg (153.11%), Vitamin D: 6.46µg (43.07%), Vitamin B12: 2.36µg (39.38%), Phosphorus: 352.11mg (35.21%), Manganese: 0.54mg (26.95%), Potassium: 745.41mg (21.3%), Vitamin B2: 0.36mg (20.91%), Vitamin B3: 4.07mg (20.36%), Vitamin B6: 0.36mg (17.87%), Magnesium: 53.33mg (13.33%), Folate: 27.39µg (6.85%), Vitamin B5: 0.59mg (5.93%), Zinc: 0.66mg (4.43%), Copper: 0.09mg (4.38%), Vitamin E: 0.61mg (4.08%), Iron: 0.58mg (3.21%), Vitamin B1: 0.04mg (2.69%), Calcium: 24.98mg (2.5%)