

Smooth Sweet Tea



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



200 min.

SERVINGS



4

CALORIES



144 kcal

BEVERAGE

DRINK

Ingredients



1 pinch baking soda



6 tea bags



2 cups water boiling



6 cups cool water



0.8 cup sugar white

Equipment

Directions

- ☐ Sprinkle a pinch of baking soda into a 64-ounce, heat-proof, glass pitcher.
- ☐ Pour in boiling water, and add tea bags. Cover, and allow to steep for 15 minutes.
- ☐ Remove tea bags, and discard; stir in sugar until dissolved.
- ☐ Pour in cool water, then refrigerate until cold.

Nutrition Facts



Properties

Glycemic Index:17.52, Glycemic Load:26.18, Inflammation Score:1, Nutrition Score:0.34086956715454%

Nutrients (% of daily need)

Calories: 144.38kcal (7.22%), Fat: 0.12g (0.18%), Saturated Fat: 0g (0%), Carbohydrates: 37.35g (12.45%), Net Carbohydrates: 37.35g (13.58%), Sugar: 37.42g (41.58%), Cholesterol: 0mg (0%), Sodium: 92.43mg (4.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0g (0%), Copper: 0.08mg (3.92%), Calcium: 14.57mg (1.46%), Magnesium: 4.73mg (1.18%)