



South Carolina Sweet Tea

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



11 min.

SERVINGS



8

CALORIES



193 kcal

BEVERAGE

DRINK

Ingredients

- 3 family size tea bags
- 2 cups sugar white

Equipment

- pot
- sieve

Directions

- Using an electric coffee maker,
- Place the 3 tea bags in the strainer basket (not in the pot). Brew the tea as you would coffee.
- Pour the sugar in a gallon pitcher.
- Pour in the hot tea. Continue to run coffee maker with the tea bags until you have enough tea to fill the pitcher. Allow to cool completely at room temperature, then refrigerate.

Nutrition Facts

PROTEIN 0% **FAT 0.72%** **CARBS 99.28%**

Properties

Glycemic Index:8.76, Glycemic Load:34.91, Inflammation Score:1, Nutrition Score:0.066086957312149%

Nutrients (% of daily need)

Calories: 192.5kcal (9.63%), Fat: 0.16g (0.25%), Saturated Fat: 0g (0%), Carbohydrates: 49.8g (16.6%), Net Carbohydrates: 49.8g (18.11%), Sugar: 49.9g (55.44%), Cholesterol: 0mg (0%), Sodium: 0.5mg (0.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0g (0%)