



## Southern-Style Sweet Tea



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



150 min.

SERVINGS



8

CALORIES



97 kcal

BEVERAGE

DRINK

### Ingredients

- ☐ 8 servings ice cubes
- ☐ 6 peach-flavored iced tea
- ☐ 1 slices optional: lemon
- ☐ 1 sprigs mint leaves fresh
- ☐ 1 cups sugar
- ☐ 2 quarts water cold

### Equipment

- ☐ bowl

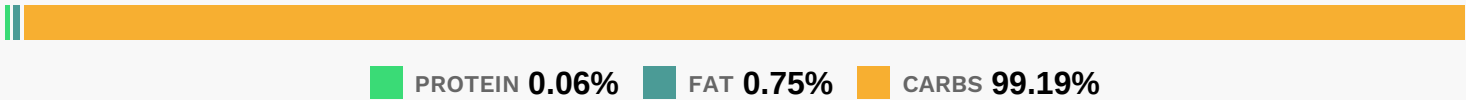
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aluminum foil

## Directions

- ☐ Heat 4 cups of the water to boiling. In large heatproof bowl, place tea bags; pour boiling water over tea bags. Cover with foil; let steep 15 to 20 minutes.
- ☐ Remove and discard tea bags.
- ☐ Add sugar to tea; stir until sugar is dissolved.
- ☐ Pour into large heatproof pitcher. Stir in remaining 4 cups cold water. Refrigerate until chilled.
- ☐ Serve tea well chilled over ice, garnished with lemon and/or mint.

## Nutrition Facts



## Properties

Glycemic Index:11.95, Glycemic Load:17.47, Inflammation Score:0, Nutrition Score:0.27913043421248%

## Flavonoids

Eriodictyol: 0.23mg, Eriodictyol: 0.23mg, Eriodictyol: 0.23mg, Eriodictyol: 0.23mg Hesperetin: 0.26mg, Hesperetin: 0.26mg, Hesperetin: 0.26mg, Hesperetin: 0.26mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 96.88kcal (4.84%), Fat: 0.08g (0.13%), Saturated Fat: 0g (0%), Carbohydrates: 25.07g (8.36%), Net Carbohydrates: 25.04g (9.11%), Sugar: 25.04g (27.83%), Cholesterol: 0mg (0%), Sodium: 14.97mg (0.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.01g (0.03%), Copper: 0.05mg (2.47%)