



## Southern Sweet Tea

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



10 min.

SERVINGS



5

CALORIES



77 kcal

BEVERAGE

DRINK

### Ingredients

- 0.5 cup sugar
- 2 family-size tea bags
- 3 cups water
- 7 cups water cold

### Equipment

- sauce pan

## Directions

- Bring 3 cups water to a boil in a saucepan; add tea bags. Boil 1 minute; remove from heat. Cover and steep 10 minutes.
- Remove and discard tea bags.
- Add desired amount of sugar, stirring until dissolved.
- Pour into a 1-gal. container, and add 7 cups cold water.
- Serve over ice.
- Peach Iced Tea: Stir together 1 1/2 qt. Southern Sweet Tea made with 1/2 cup sugar; add 1 (8-oz.) bottle peach nectar and 1/4 cup lemon juice. Stir well.
- Serve over ice. Makes about 2 1/2 qt.
- Tea 'n' Lemonade: Stir together 2 qt. Southern Sweet Tea made with 1/2 cup sugar; add 1 cup thawed lemonade concentrate, and stir well.
- Serve over ice. Makes 2 1/4 qt.

## Nutrition Facts

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

## Properties

Glycemic Index:14.02, Glycemic Load:13.96, Inflammation Score:0, Nutrition Score:0.31782608309194%

## Nutrients (% of daily need)

Calories: 77kcal (3.85%), Fat: 0.06g (0.1%), Saturated Fat: 0g (0%), Carbohydrates: 19.92g (6.64%), Net Carbohydrates: 19.92g (7.24%), Sugar: 19.96g (22.18%), Cholesterol: 0mg (0%), Sodium: 23.86mg (1.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0g (0%), Copper: 0.08mg (3.86%), Calcium: 14.4mg (1.44%), Magnesium: 4.73mg (1.18%)