



Southern Sweetened Tea



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



96 kcal

BEVERAGE

DRINK

Ingredients



1 cups sugar



4 family-size tea bags



6 cups water

Equipment



sauce pan

Directions

- ☐
- Bring 6 cups water to a boil in a saucepan; add tea bags. Boil 1 minute; remove from heat. Cover and steep 10 minutes.
- ☐
- Remove tea bags, squeezing gently.
- ☐
- Add sugar, stirring until dissolved.
- ☐
- Pour into a 1–gallon pitcher, and add enough water to fill pitcher.
- ☐
- Serve over ice.

Nutrition Facts



Properties

Glycemic Index:8.76, Glycemic Load:17.45, Inflammation Score:1, Nutrition Score:0.14173912961522%

Nutrients (% of daily need)

Calories: 96.25kcal (4.81%), Fat: 0.08g (0.12%), Saturated Fat: 0g (0%), Carbohydrates: 24.9g (8.3%), Net Carbohydrates: 24.9g (9.05%), Sugar: 24.95g (27.72%), Cholesterol: 0mg (0%), Sodium: 9.12mg (0.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0g (0%), Copper: 0.03mg (1.51%)