



Spiked Lemonade Sweet Tea



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



205 kcal

BEVERAGE

DRINK

Ingredients



1 cup mint leaves fresh loosely packed



12 oz lemonade concentrate frozen thawed canned



1 cup spiced rum dark



0.5 cup sugar



2 family-size tea bags



3 cups water



4 cups water cold



1 slices garnishes: sugarcane fresh

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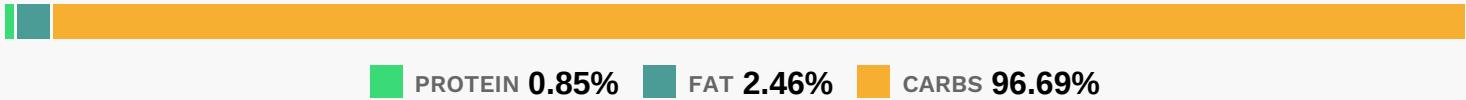
Equipment

☐ sauce pan

Directions

- ☐ Bring 3 cups water to a boil in a 2-qt. saucepan.
- ☐ Remove from heat, add tea bags, and stir in fresh mint. Cover and steep 10 minutes.
- ☐ Discard tea bags and mint. Stir in sugar until dissolved.
- ☐ Pour tea into a 3-qt. container, and stir in 4 cups cold water and lemonade concentrate. Stir in bourbon or spiced dark rum just before serving.
- ☐ Serve over ice.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:10.64, Glycemic Load:8.73, Inflammation Score:-3, Nutrition Score:1.7578260995772%

Flavonoids

Eriodictyol: 1.74mg, Eriodictyol: 1.74mg, Eriodictyol: 1.74mg, Eriodictyol: 1.74mg Hesperetin: 0.57mg, Hesperetin: 0.57mg, Hesperetin: 0.57mg, Hesperetin: 0.57mg Apigenin: 0.3mg, Apigenin: 0.3mg, Apigenin: 0.3mg, Apigenin: 0.3mg Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg

Nutrients (% of daily need)

Calories: 204.71kcal (10.24%), Fat: 0.39g (0.6%), Saturated Fat: 0.02g (0.15%), Carbohydrates: 34.51g (11.5%), Net Carbohydrates: 33.93g (12.34%), Sugar: 31.4g (34.89%), Cholesterol: 0mg (0%), Sodium: 15.5mg (0.67%), Alcohol: 10.02g (100%), Alcohol %: 4.25% (100%), Protein: 0.3g (0.61%), Vitamin C: 7.36mg (8.92%), Vitamin A: 238.95IU (4.78%), Manganese: 0.08mg (3.88%), Copper: 0.06mg (3.22%), Magnesium: 9.55mg (2.39%), Folate: 9.39µg (2.35%), Fiber: 0.58g (2.31%), Calcium: 22.98mg (2.3%), Iron: 0.34mg (1.9%), Potassium: 63.47mg (1.81%), Vitamin B2: 0.02mg (1.09%)