



Spiked Sweet Tea



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



20 min.

SERVINGS



2

CALORIES



2314 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.5 bunch mint leaves fresh
- ☐ 2 servings ice cubes
- ☐ 2 lemon zest
- ☐ 6 cups sugar
- ☐ 1.5 ounces loose tea leaves black (or)
- ☐ 3 cups water divided

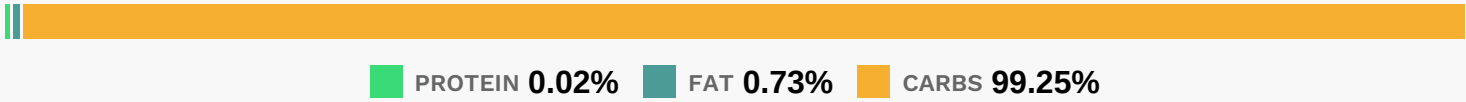
Equipment

- ☐ sauce pan

Directions

- ☐ ounces your favorite whiskey or bourbon per serving (recommended: Maker's Mark)
- ☐ Combine sugar and 3 cups water in a non-reactive saucepan. Slowly heat until sugar melts.
- ☐ Remove from heat and cool.
- ☐ Infuse the black tea in 1 quart of just boiled water for 2 minutes. Strain tea into a pitcher and then add 1 quart of room temperature water.
- ☐ Combine the tea and the cooled simple syrup, mixing well. Refrigerate until cool.
- ☐ To serve, fill a 12-ounce glass with ice cubes, a pinch of zest, and a sprig of mint.
- ☐ Add 2 ounces whiskey or bourbon and fill to the top with the sweetened tea. Stir and serve. Repeat as needed.

Nutrition Facts



Properties

Glycemic Index:35.05, Glycemic Load:418.86, Inflammation Score:3, Nutrition Score:2.0465217469179%

Flavonoids

Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg Epigallocatechin: 1.71mg, Epigallocatechin: 1.71mg, Epigallocatechin: 1.71mg, Epigallocatechin: 1.71mg Epicatechin: 0.45mg, Epicatechin: 0.45mg, Epicatechin: 0.45mg, Epicatechin: 0.45mg Epicatechin 3-gallate: 1.25mg, Epicatechin 3-gallate: 1.25mg, Epicatechin 3-gallate: 1.25mg, Epicatechin 3-gallate: 1.25mg Epigallocatechin 3-gallate: 1.99mg, Epigallocatechin 3-gallate: 1.99mg, Epigallocatechin 3-gallate: 1.99mg, Epigallocatechin 3-gallate: 1.99mg Theaflavin: 0.34mg, Theaflavin: 0.34mg, Theaflavin: 0.34mg, Theaflavin: 0.34mg Thearubigins: 17.29mg, Thearubigins: 17.29mg, Thearubigins: 17.29mg, Thearubigins: 17.29mg Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg Theaflavin-3,3'-digallate: 0.37mg, Theaflavin-3,3'-digallate: 0.37mg, Theaflavin-3,3'-digallate: 0.37mg, Theaflavin-3,3'-digallate: 0.37mg Theaflavin-3'-gallate: 0.32mg, Theaflavin-3'-gallate: 0.32mg, Theaflavin-3'-gallate: 0.32mg, Theaflavin-3'-gallate: 0.32mg Gallocatechin: 0.27mg, Gallocatechin: 0.27mg, Gallocatechin: 0.27mg, Gallocatechin: 0.27mg

Nutrients (% of daily need)

Calories: 2313.73kcal (115.69%), Fat: 1.95g (3%), Saturated Fat: 0.01g (0.03%), Carbohydrates: 598.77g (199.59%),
Net Carbohydrates: 598.06g (217.48%), Sugar: 599.05g (665.61%), Cholesterol: 0mg (0%), Sodium: 27.85mg
(1.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 4.25mg (1.42%), Protein: 0.13g (0.25%), Vitamin C:
8.06mg (9.77%), Vitamin B2: 0.12mg (7.32%), Copper: 0.12mg (5.93%), Selenium: 3.64µg (5.2%), Manganese:
0.08mg (4.12%), Calcium: 28.8mg (2.88%), Fiber: 0.72g (2.86%), Iron: 0.4mg (2.24%), Magnesium: 6.45mg (1.61%)