



## Summertime Iced Tea

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



10

CALORIES



110 kcal

BEVERAGE

DRINK

### Ingredients

- 6 leaves mint leaves fresh
- 10 servings ice cubes fresh
- 6 oz lemonade concentrate frozen canned
- 1 cup sugar
- 2 ginger tea bags
- 4 cups water boiling
- 5 cups water cold

### Equipment

## Directions

- Pour boiling water into a large heatproof pitcher.
- Add teabags and mint leaves; let stand for 5 minutes. Discard teabags and mint leaves.
- Add frozen lemonade, sugar and cold water, mixing well.
- Serve over ice; garnish with mint sprigs.

## Nutrition Facts

**PROTEIN 0.13%** **FAT 1.43%** **CARBS 98.44%**

## Properties

Glycemic Index:7.01, Glycemic Load:13.96, Inflammation Score:-1, Nutrition Score:0.43086956457599%

## Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg

## Nutrients (% of daily need)

Calories: 110.36kcal (5.52%), Fat: 0.18g (0.28%), Saturated Fat: 0g (0.03%), Carbohydrates: 28.41g (9.47%), Net Carbohydrates: 28.36g (10.31%), Sugar: 27.53g (30.59%), Cholesterol: 0mg (0%), Sodium: 14.85mg (0.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.04g (0.08%), Vitamin C: 2.24mg (2.71%), Copper: 0.05mg (2.34%)