



Sweet Apple Iced Tea



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



152 min.

SERVINGS



6

CALORIES



146 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 small apples thinly sliced
- ☐ 1 cup granulated sugar
- ☐ 6 servings ice cubes
- ☐ 0.5 optional: lemon thinly sliced
- ☐ 6 apple tea bags sweet recommended: Celestial Seasonings Apple Chamomile
- ☐ 1 vanilla pod seeds removed cut in 1/2 lengthwise and
- ☐ 1 cup water
- ☐ 6 cups water

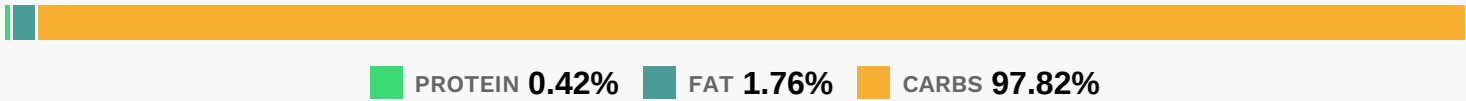
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ In a medium saucepan, bring the water to a boil over high heat.
- ☐ Remove the pan from the heat and stir in the tea bags. Allow the liquid to cool to room temperature, about 1 hour.
- ☐ Remove the tea bags and discard.
- ☐ Add the Vanilla Simple Syrup and stir.
- ☐ Pour the mixture into a glass pitcher.
- ☐ Add the apple and lemon slices and refrigerate for 1 hour.
- ☐ Pour the tea into ice-filled glasses and serve.
- ☐ In a small saucepan over medium heat, combine the sugar, water, vanilla bean, and vanilla bean seeds. Bring to a boil, reduce heat, and simmer for 5 minutes, stirring occasionally, until the sugar has dissolved.
- ☐ Remove the pan from the heat and allow the syrup to cool, about 20 minutes. Strain before using.

Nutrition Facts



Properties

Glycemic Index:21.27, Glycemic Load:24.33, Inflammation Score:-1, Nutrition Score:1.0600000049757%

Flavonoids

Cyanidin: 0.39mg, Cyanidin: 0.39mg, Cyanidin: 0.39mg, Cyanidin: 0.39mg Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 1.87mg, Epicatechin: 1.87mg, Epicatechin: 1.87mg, Epicatechin: 1.87mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Eriodictyol: 1.92mg, Eriodictyol: 1.92mg, Eriodictyol: 1.92mg,

Eriodictyol: 1.92mg Hesperetin: 2.51mg, Hesperetin: 2.51mg, Hesperetin: 2.51mg, Hesperetin: 2.51mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg

Nutrients (% of daily need)

Calories: 145.82kcal (7.29%), Fat: 0.3g (0.46%), Saturated Fat: 0.01g (0.07%), Carbohydrates: 37.67g (12.56%), Net Carbohydrates: 36.83g (13.39%), Sugar: 36.07g (40.08%), Cholesterol: 0mg (0%), Sodium: 17.36mg (0.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.16g (0.33%), Vitamin C: 5.91mg (7.17%), Fiber: 0.85g (3.39%), Copper: 0.07mg (3.27%), Calcium: 14.12mg (1.41%), Magnesium: 5.28mg (1.32%), Potassium: 39.66mg (1.13%)