



Sweet Tea



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



15 min.

SERVINGS



6

CALORIES



97 kcal

BEVERAGE

DRINK

Ingredients



1 slices optional: lemon for garnish



6 servings mint sprigs for garnish



0.8 cup sugar



4 pitcher-size brew tea bags cold



1 cup water



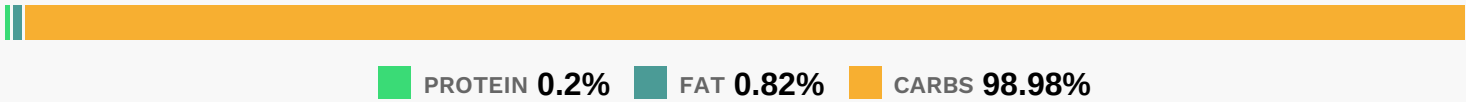
3 quarts water cold

Equipment

Directions

- ☐ Watch how to make this recipe.
- ☐ Bring the water to a boil.
- ☐ Remove from heat, pour into a pitcher, and steep the tea bags about 5 minutes.
- ☐ Mix the sugar mixture into the iced tea.
- ☐ Mix well.
- ☐ Pour the drink mix over ice cubes in a glass.
- ☐ Garnish with 2 slices of lemon and a sprig of mint.
- ☐ Bring 1 cup of water to a boil and add sugar. Stir to combine.

Nutrition Facts



Properties

Glycemic Index:15.93, Glycemic Load:17.47, Inflammation Score:-1, Nutrition Score:0.57782608359728%

Flavonoids

Eriodictyol: 0.56mg, Eriodictyol: 0.56mg, Eriodictyol: 0.56mg, Eriodictyol: 0.56mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 97.29kcal (4.86%), Fat: 0.09g (0.14%), Saturated Fat: 0g (0.02%), Carbohydrates: 25.16g (8.39%), Net Carbohydrates: 25.05g (9.11%), Sugar: 24.98g (27.75%), Cholesterol: 0mg (0%), Sodium: 26.21mg (1.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.05g (0.1%), Copper: 0.09mg (4.37%), Calcium: 18.36mg (1.84%), Magnesium: 6.02mg (1.5%), Vitamin C: 0.94mg (1.13%)