



Sweet Tea Lemonade

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



260 min.

SERVINGS



8

CALORIES



300 kcal

BEVERAGE

DRINK

Ingredients

- 8 tea bags black
- 1 optional: lemon sliced
- 1 cup juice of lemon fresh (from 4 large lemons)
- 4 large sprigs mint leaves
- 3 cups sugar

Equipment

- bowl
- frying pan

Directions

- Mix sugar and 3 cups water in a pan and bring to a boil over medium-low heat, stirring until sugar dissolves. Turn off heat; stir in lemon slices and mint. Allow to cool, then strain.
- Bring 4 cups of water to a boil.
- Place tea bags in a bowl; pour water over and let steep for 10 minutes.
- Remove and discard bags.
- Let tea cool.
- In another bowl, mix lemon juice with 3 cups water.
- Combine syrup, tea and lemon mixture. Cover and chill for at least 4 hours.
- Serve over ice, garnished with additional lemon slices and mint sprigs, if desired.

Nutrition Facts

PROTEIN 0.35% **FAT 1.02%** **CARBS 98.63%**

Properties

Glycemic Index:11.95, Glycemic Load:52.58, Inflammation Score:-1, Nutrition Score:1.7321739086638%

Flavonoids

Eriodictyol: 4.53mg, Eriodictyol: 4.53mg, Eriodictyol: 4.53mg, Eriodictyol: 4.53mg Hesperetin: 8.23mg, Hesperetin: 8.23mg, Hesperetin: 8.23mg, Hesperetin: 8.23mg Naringenin: 0.5mg, Naringenin: 0.5mg, Naringenin: 0.5mg, Naringenin: 0.5mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 299.73kcal (14.99%), Fat: 0.36g (0.55%), Saturated Fat: 0.02g (0.12%), Carbohydrates: 78.14g (26.05%), Net Carbohydrates: 77.63g (28.23%), Sugar: 75.96g (84.4%), Cholesterol: 0mg (0%), Sodium: 1.48mg (0.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.27g (0.55%), Vitamin C: 19.12mg (23.17%), Fiber: 0.51g (2.04%), Folate: 8.15µg (2.04%), Potassium: 54.39mg (1.55%), Vitamin B2: 0.02mg (1.34%), Vitamin B6: 0.03mg (1.27%)