



Sweet Tea with Vodka and Lemonade



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



269 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 8 servings ice cubes
- ☐ 8 slices optional: lemon
- ☐ 4 cups lemonade made from concentrate frozen
- ☐ 8 mint sprigs fresh
- ☐ 2 large tea bags for iced tea
- ☐ 0.5 cup vodka
- ☐ 0.5 cup water boiling

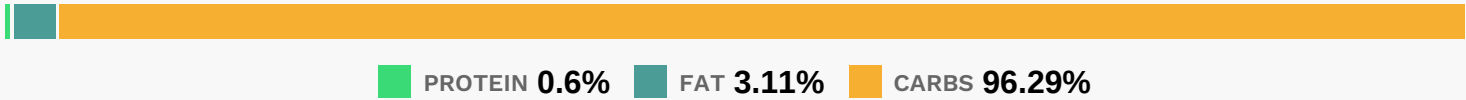
Equipment

☐ bowl

Directions

- ☐ Place tea bags in medium bowl.
- ☐ Add 1/2 cupboiling water.
- ☐ Let steep 4 minutes. Discardtea bags.
- ☐ Place mint sprigs in large pitcher;mash with muddler or handle of woodenspoon until slightly bruised.
- ☐ Pour in tea,lemonade, and vodka. DO AHEAD: Can bemade 1 day ahead. Cover and chill.
- ☐ Fill 8 highball glasses with ice. Dividesweet tea among glasses.
- ☐ Garnish withlemon slices.
- ☐ To streamline this recipe,you can use one cup Sweet Tea Vodkafrom South Carolina's Firefly Distillery inplace of the tea and the vodka. For a list ofdistributors, go to fireflyvodka.com.

Nutrition Facts



Properties

Glycemic Index:5.06, Glycemic Load:0.12, Inflammation Score:-2, Nutrition Score:2.1791304408208%

Flavonoids

Eriodictyol: 1.8mg, Eriodictyol: 1.8mg, Eriodictyol: 1.8mg, Eriodictyol: 1.8mg Hesperetin: 2.05mg, Hesperetin: 2.05mg, Hesperetin: 2.05mg, Hesperetin: 2.05mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 269.24kcal (13.46%), Fat: 0.86g (1.32%), Saturated Fat: 0.03g (0.22%), Carbohydrates: 59.83g (19.94%), Net Carbohydrates: 59.2g (21.53%), Sugar: 52.82g (58.68%), Cholesterol: 0mg (0%), Sodium: 12.42mg (0.54%), Alcohol: 5.01g (100%), Alcohol %: 2.98% (100%), Protein: 0.37g (0.75%), Vitamin C: 19.52mg (23.67%), Potassium: 100.67mg (2.88%), Magnesium: 10.35mg (2.59%), Folate: 10.19µg (2.55%), Fiber: 0.63g (2.52%), Vitamin B1: 0.03mg (1.87%), Copper: 0.03mg (1.7%), Vitamin B5: 0.15mg (1.53%), Vitamin B6: 0.03mg (1.53%), Calcium: 14.65mg (1.47%), Manganese: 0.03mg (1.46%), Iron: 0.2mg (1.12%), Phosphorus: 10.88mg (1.09%)