



Tarragon-Spiked Lady Grey Iced Tea



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



120 min.

SERVINGS



8

CALORIES



85 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.5 cup tarragon leaves fresh packed
- ☐ 0.5 cup juice of lime fresh
- ☐ 1 strips lime zest with a vegetable peeler
- ☐ 0.8 cup sugar
- ☐ 4 lady grey tea bags
- ☐ 0.3 cup water cold
- ☐ 8 cups boiling-hot water

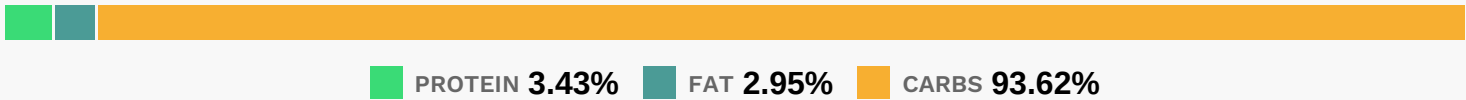
Equipment

- ☐ paper towels
- ☐ sieve
- ☐ blender

Directions

- ☐ Cut off any white pith from zest. Bring zest, juice, sugar, and cold water to a boil, stirring, then let stand, uncovered, off heat 15 minutes.
- ☐ Discard zest. Blend syrup with tarragon in a blender 30 seconds. Strain through a sieve lined with a dampened paper towel into a glass measure and cool completely.
- ☐ Pour boiling-hot water over tea in a heatproof pitcher and let steep 6 minutes, then discard tea bags. Cool tea completely.Stir syrup into tea and chill at least 1 hour and up to 6 (cover tightly).
- ☐ Serve over ice.

Nutrition Facts



Properties

Glycemic Index:21.51, Glycemic Load:14.05, Inflammation Score:-2, Nutrition Score:2.6186956458766%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.46mg, Hesperetin: 1.46mg, Hesperetin: 1.46mg, Hesperetin: 1.46mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 85.45kcal (4.27%), Fat: 0.3g (0.46%), Saturated Fat: 0.06g (0.38%), Carbohydrates: 21.58g (7.19%), Net Carbohydrates: 21.27g (7.74%), Sugar: 18.97g (21.08%), Cholesterol: 0mg (0%), Sodium: 14.67mg (0.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.79g (1.58%), Manganese: 0.26mg (12.87%), Vitamin C: 6.2mg (7.52%), Iron: 1.05mg (5.86%), Calcium: 46.01mg (4.6%), Vitamin B6: 0.08mg (4.13%), Magnesium: 14.73mg (3.68%), Copper: 0.07mg (3.31%), Potassium: 114.59mg (3.27%), Vitamin B2: 0.05mg (2.86%), Vitamin A: 141.56IU (2.83%), Folate: 10.27µg (2.57%), Vitamin B3: 0.31mg (1.54%), Phosphorus: 12.14mg (1.21%), Fiber: 0.3g (1.21%), Zinc: 0.16mg (1.09%)