



Healthdor

[All Recipes](#)

[AI Recipe Builder](#)

[Similar Recipes](#)

Gallon Mint Sweet Iced Tea ♦

A refreshing and sweet iced tea flavored with fresh mint leaves. Perfect for hot summer days.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: 5 mins

Total Time: 15 mins

Recipe Yield: 3785 grams

Number of Servings: 16

Serving Size: 237 g

Ingredients

16 c	Water
8 bags	tea bags
1 c	mint leaves
1 c	sugar
4 c	ice cubes
8 slices	lemon slices

Directions

Step 1

Boiling

Bring water to a boil in a large pot.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Steeping

Remove from heat and add tea bags and mint leaves. Let steep for 5 minutes.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Stirring

Remove tea bags and mint leaves. Stir in sugar until dissolved.

Prep Time: 0 mins

Cook Time: 0 mins

Step 4

Refrigerating

Allow the tea to cool to room temperature, then refrigerate until chilled.

Prep Time: 0 mins

Cook Time: 120 mins

Step 5

Serving

Serve over ice cubes and garnish with lemon slices.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 64 kcal

Fat: 0 g

Protein: 0 g

Carbohydrates: 17 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	0 g	0%	0%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	17 g	30.91%	34%
Fibers	0 g	0%	0%
Sugars	17 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	0 g	N/A	N/A
Saturated Fat	0 g	0%	0%
Fat	0 g	0%	0%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
----------	-------	------------------------	--------------------------

Vitamin A	6 iu	0.67%	0.86%
Vitamin C	0 mg	0%	0%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	0 mg	0%	0%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	0 mg	0%	0%
Calcium	0 mg	0%	0%
Iron	0 mg	0%	0%
Potassium	0 mg	0%	0%
Zinc	0 mg	0%	0%
Selenium	0 mcg	0%	0%

Recipe Attributes

Seasonality

Summer Fall

Events

Christmas Easter Thanksgiving Birthday Wedding Halloween
Valentine's Day Mother's Day Father's Day New Year Anniversary
Baby Shower Bridal Shower Graduation Back to School Barbecue Picnic
Game Day

Cuisines

Italian Chinese Indian Mexican French Thai Japanese
Mediterranean Greek Spanish German Korean Vietnamese American
Middle Eastern

Meal Type

Breakfast Brunch Lunch Dinner Snack Supper

Nutritional Content

Low Calorie

Kitchen Tools

Blender

Course

Breads Sauces & Dressings Drinks

Difficulty Level

Medium

Visit our website: healthdor.com