



Healthdor

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Gallon Mango Sweet Iced Tea ^{••}

A refreshing and sweet iced tea made with fresh mangoes. Perfect for hot summer days.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: 5 mins

Total Time: 15 mins

Recipe Yield: 4000 grams

Number of Servings: 16

Serving Size: 250 g

Ingredients

1000 g	Mangoes
8 bags	black tea bags
8 c	boiling water
1 c	Granulated Sugar
8 c	ice cubes
8 slices	lemon slices

Directions

Step 1

Cut

Peel and dice the mangoes.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Steeping

Steep the black tea bags in boiling water for 5 minutes.

Prep Time: 0 mins

Cook Time: 5 mins

Step 3

Stirring

Remove the tea bags and stir in the sugar until dissolved.

Prep Time: 0 mins

Cook Time: 0 mins

Step 4

Cooling

Add the diced mangoes to the tea and let it cool.

Prep Time: 0 mins

Cook Time: 0 mins

Step 5

Pouring

Fill a pitcher with ice cubes and pour the mango tea over the ice.

Prep Time: 0 mins

Cook Time: 0 mins

Step 6

Plating

Garnish with lemon slices and serve chilled.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 60 kcal

Fat: 0 g

Protein: 0 g

Carbohydrates: 15 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	15 g	27.27%	30%
Fibers	1 g	2.63%	4%
Sugars	14 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

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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	1000 iu	111.11%	142.86%
Vitamin C	30 mg	33.33%	40%
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	50 mg	1.47%	1.92%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Zinc	0 mg	0%	0%
Selenium	0 mcg	0%	0%

Recipe Attributes

Seasonality

Summer Fall

Events

Easter Thanksgiving Barbecue Picnic Game Day

Cuisines

Italian

Course

Drinks Salads Snacks Sauces & Dressings

Cultural

Diwali Ramadan Easter

Cost

Under \$10

Demographics

Senior Friendly

Diet

DASH Diet (Dietary Approaches to Stop Hypertension) Vegetarian Diet

Vegan Diet

Meal Type

Lunch

Supper

Difficulty Level

Easy

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