



Healthdor

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Wacky Pack Iced Tea ♦♦

Wacky Pack Iced Tea is a refreshing and unique twist on traditional iced tea. It combines a variety of flavors and ingredients to create a fun and flavorful beverage. This tea is perfect for hot summer days or any time you want a cool and tasty drink.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: N/A

Total Time: 10 mins

Recipe Yield: 1000 grams

Number of Servings: 10

Serving Size: 100 g

Ingredients

| | |
|---------------|----------------|
| 4 bags | black tea bags |
| 8 c | Water |
| 4 tbsp | Lemon juice |
| 6 tbsp | Sugar |
| 2 c | Peach juice |

4 c ice cubes

Directions

Step 1

Boiling

Bring water to a boil in a large pot.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Steeping

Add black tea bags to the boiling water and let steep for 5 minutes.

Prep Time: 0 mins

Cook Time: 5 mins

Step 3

Stirring

Remove tea bags and stir in lemon juice and sugar until dissolved.

Prep Time: 0 mins

Cook Time: 0 mins

Step 4

Stirring

Pour peach juice into the tea mixture and stir well.

Prep Time: 0 mins

Cook Time: 0 mins

Step 5

Serving

Add ice cubes to individual glasses and pour the tea mixture over the ice.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 40 kcal

Fat: 0 g

Protein: 0 g

Carbohydrates: 10 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 | 10 g | 18.18% | 20% |
| Fibers | 0 g | 0% | 0% |
| Sugars | 10 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 | 0 iu | 0% | 0% |
| Vitamin C | 10 mg | 11.11% | 13.33% |
| 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

Thanksgiving

Halloween

Picnic

Course

Drinks

Salads

Snacks

Sauces & Dressings

Cultural

Chinese New Year

Diwali

Christmas

Cost

Under \$10

Demographics

Kids Friendly

Teen Friendly

Lactation Friendly

Diabetic Friendly

Diet

The Whole30 Diet

Vegetarian Diet

Meal Type

Snack

Supper

Difficulty Level

Easy

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