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Route 44 Lemon Green Iced Tea ♦

Route 44 Lemon Green Iced Tea is a refreshing and invigorating beverage that combines the flavors of green tea and lemon. It is perfect for hot summer days or anytime you need a pick-me-up. This recipe is not only delicious but also easy to make.

Recipe Type: Standard

Prep Time: 5 mins

Cook Time: N/A

Total Time: 5 mins

Recipe Yield: 1000 grams

Number of Servings: 4

Serving Size: 250 g

Ingredients

| | |
|---------------|----------------|
| 4 bags | green tea bags |
| 4 c | Water |
| 4 tbsp | Lemon juice |
| 4 tbsp | Honey |
| 2 c | ice cubes |

4 slices lemon slices

Directions

Step 1

Boiling

Bring water to a boil in a saucepan.

Prep Time: 2 mins

Cook Time: 0 mins

Step 2

Steeping

Remove from heat and add green tea bags. Let steep for 3 minutes.

Prep Time: 3 mins

Cook Time: 0 mins

Step 3

Cooling

Remove tea bags and let the tea cool to room temperature.

Prep Time: 0 mins

Cook Time: 0 mins

Step 4

Stirring

Add lemon juice and honey to the tea. Stir well to combine.

Prep Time: 1 mins

Cook Time: 0 mins

Step 5

Fill glasses with ice cubes and pour the tea over the ice.

Prep Time: 0 mins

Cook Time: 0 mins

Step 6

Garnish with lemon slices and serve chilled.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 50 kcal

Fat: 0 g

Protein: 0 g

Carbohydrates: 13 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 | 13 g | 23.64% | 26% |
| Fibers | 0 g | 0% | 0% |
| Sugars | 12 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 | 0 iu | 0% | 0% |
| Vitamin C | 25 mg | 27.78% | 33.33% |
| 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% |

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

Meal Type

Lunch Dinner Snack

Difficulty Level

Easy

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