



Healthdor

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Small Lemon Green Iced Tea ♦

A refreshing and healthy iced tea made with green tea and fresh lemon.

Recipe Type: Vegetarian

Prep Time: 10 mins

Cook Time: 5 mins

Total Time: 15 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

| | |
|-----------------|----------------|
| 2 bags | green tea bags |
| 4 c | Water |
| 1 sliced | Lemon |
| 2 c | ice cubes |
| 2 tbsp | honey |

Directions

Step 1

Boiling

Bring water to a boil in a pot.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Steeping

Add green tea bags to the boiling water and 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

In a pitcher, combine the cooled tea, sliced lemon, and honey. Stir well.

Prep Time: 1 mins

Cook Time: 0 mins

Step 5

Serving

Add ice cubes to serving glasses and pour the tea over the ice.

Prep Time: 1 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 10 kcal

Fat: 0 g

Protein: 0 g

Carbohydrates: 3 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 | 3 g | 5.45% | 6% |
| Fibers | 0 g | 0% | 0% |
| Sugars | 2 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

Barbecue Picnic

Cuisines

Italian

Course

Drinks

Salads

Sauces & Dressings

Cost

Over \$50

Diet

Warrior Diet

OMAD (One Meal a Day) Diet

Pescatarian Diet

Ovo-Vegetarian Diet

Lacto-Vegetarian Diet

Lacto-Ovo Vegetarian Diet

Engine 2 Diet

Blood Type Diet

Traditional Chinese Medicine (TCM) Diet

Low Sodium Diet

The Fast Metabolism Diet

Meal Type

Lunch

Supper

Difficulty Level

Medium

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