



Healthdor

[All Recipes](#)

[AI Recipe Builder](#)

[Similar Recipes](#)

## Sweetened Iced Tea <sup>••</sup>

Sweetened iced tea is a refreshing beverage made by brewing tea leaves and adding sugar to taste. It is commonly consumed during hot summer months to cool down and quench thirst. The tea can be served with ice cubes and lemon slices for added flavor.

**Recipe Type:** Standard

**Prep Time:** 10 mins

**Cook Time:** 5 mins

**Total Time:** 15 mins

**Recipe Yield:** 1000 grams

**Number of Servings:** 4

**Serving Size:** 250 g

### Ingredients

<b>10 g</b>	Tea Leaves
<b>1000 ml</b>	water
<b>50 g</b>	sugar
<b>200 g</b>	ice cubes
<b>50 g</b>	lemon slices

# Directions

---

## Step 1

### Boiling

Boil water in a pot.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

---

## Step 2

### Steeping

Add tea leaves to the boiling water and let it steep for 5 minutes.

**Prep Time:** 0 mins

**Cook Time:** 5 mins

---

## Step 3

### Straining

Strain the tea leaves and discard them.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

---

## Step 4

### Stirring

Add sugar to the hot tea and stir until dissolved.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

---

## Step 5

### Cooling

Let the tea cool down to room temperature.

**Prep Time:** 0 mins

**Cook Time:** 10 mins

---

## Step 6

### Refrigerating

Refrigerate the tea for at least 1 hour to chill.

**Prep Time:** 0 mins

**Cook Time:** 60 mins

---

## Step 7

### Serving

Serve the sweetened iced tea with ice cubes and lemon slices.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 30 kcal

**Fat:** 0 g

**Protein:** 0 g

**Carbohydrates:** 8 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	8 g	14.55%	16%
Fibers	0 g	0%	0%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sugars	8 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	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

Thanksgiving Barbecue

### Cuisines

Italian Chinese French

### Course

Drinks Salads Sauces & Dressings

### Cultural

Chinese New Year

### Cost

\$10 to \$20 \$30 to \$40

## Demographics

Senior Friendly

Heart Healthy

## Diet

Flexitarian Diet

The Whole30 Diet

Vegetarian Diet

## Cooking Method

Pressing

Cut

## Meal Type

Snack

Supper

## Difficulty Level

Easy

Visit our website: [healthdor.com](https://healthdor.com)