



Healthdor

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## Unsweetened Iced Tea ♦

Unsweetened iced tea is a refreshing beverage made by steeping tea leaves in cold water. It is commonly consumed during hot summer days and is a popular alternative to sugary drinks.

**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

<b>4 bags</b>	unsweetened tea bags
<b>4 c</b>	Water
<b>2 c</b>	Ice

### Directions

## Step 1

Boiling

Bring water to a boil in a kettle or pot.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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## Step 2

Place tea bags in a heatproof pitcher or container. Pour the boiling water over the tea bags.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

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## Step 3

Let the tea steep for 3-5 minutes, depending on desired strength.

**Prep Time:** 3 mins

**Cook Time:** 0 mins

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## Step 4

Remove the tea bags and discard them. Let the tea cool to room temperature.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

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## Step 5

Refrigerating

Transfer the cooled tea to a pitcher and refrigerate until chilled.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Step 6

Fill glasses with ice and pour the chilled tea over the ice. Serve and enjoy!

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 0 kcal

**Fat:** 0 g

**Protein:** 0 g

**Carbohydrates:** 0 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	0 g	0%	0%
Fibers	0 g	0%	0%
Sugars	0 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)
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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

Christmas Barbecue Picnic

## Cuisines

Italian

## Course

Drinks

## Meal Type

Lunch

Snack

Supper

## Difficulty Level

Easy

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