



Healthdor

[All Recipes](#)

[AI Recipe Builder](#)

[Similar Recipes](#)

Sweetened Tea ♦

Sweetened tea is a popular beverage made by steeping tea leaves in hot water and adding sugar. It is commonly consumed as a refreshing drink, especially during hot weather. Sweetened tea can be enjoyed on its own or served with ice and lemon slices.

Recipe Type: Standard

Prep Time: 5 mins

Cook Time: 5 mins

Total Time: 10 mins

Recipe Yield: 1000 grams

Number of Servings: 4

Serving Size: 250 g

Ingredients

| | |
|-----------------|--------------|
| 4 c | Water |
| 4 bags | tea bags |
| 4 tbsp | Sugar |
| 8 cubes | Ice |
| 4 slices | lemon slices |

Directions

Step 1

Boiling

Bring water to a boil in a pot.

Prep Time: 2 mins

Cook Time: 0 mins

Step 2

Steeping

Add 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 sugar until dissolved.

Prep Time: 1 mins

Cook Time: 0 mins

Step 4

Cooling

Pour the sweetened tea into a pitcher and let it cool.

Prep Time: 0 mins

Cook Time: 0 mins

Step 5

Serving

Serve the sweetened tea over ice and garnish with lemon slices.

Prep Time: 1 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 64 kcal

Fat: 0 g

Protein: 0 g

Carbohydrates: 16 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 | 16 g | 29.09% | 32% |
| Fibers | 0 g | 0% | 0% |
| Sugars | 16 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

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

Supper

Difficulty Level

Easy

Visit our website: healthdor.com