

# Classic Iced Tea

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## Yield: 8 cups

6 bags black tea  
8 wide strips lemon zest  
8 wide strips orange zest  
8 cups boiling water  
lemon slices (for garnish) (optional)  
orange slices (for garnish) (optional)

In a large pot, combine the black tea, lemon zest, orange zest and boiling water. Let steep for 8 minutes.

Remove the tea bags and let cool to room temperature, about two hours.

Serve over ice with lemon and orange slices, if desired.

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Per Serving (excluding unknown items): 0 Calories; 0g Fat (0.0% calories from fat); 0g Protein; 0g Carbohydrate; 0g Dietary Fiber; 0mg Cholesterol; 57mg Sodium. Exchanges: .

Beverage

## Per Serving Nutritional Analysis

Calories (kcal):	0	Vitamin B6 (mg):	0mg
% Calories from Fat:	0.0%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	0.0%	Thiamin B1 (mg):	0mg
% Calories from Protein:	0.0%	Riboflavin B2 (mg):	0mg
Total Fat (g):	0g	Folacin (mcg):	0mcg
Saturated Fat (g):	0g	Niacin (mg):	0mg
Monounsaturated Fat (g):	0g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	0g	Alcohol (kcal):	0
Cholesterol (mg):	0mg	% Refuse:	0 0%
Carbohydrate (g):	0g	<b>Food Exchanges</b>	
Dietary Fiber (g):	0g	Grain (Starch):	0
Protein (g):	0g	Lean Meat:	0
Sodium (mg):	57mg	Vegetable:	0
Potassium (mg):	0mg	Fruit:	0
Calcium (mg):	38mg	Non-Fat Milk:	0

**Iron (mg):** trace  
**Zinc (mg):** 1mg  
**Vitamin C (mg):** 0mg  
**Vitamin A (i.u.):** 0IU  
**Vitamin A (r.e.):** 0RE

**Fat:** 0  
**Other Carbohydrates:** 0

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## Nutrition Facts

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### Amount Per Serving

**Calories** 0 **Calories from Fat:** 0

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### % Daily Values\*

<b>Total Fat</b>	0g		0%
Saturated Fat	0g		0%
<b>Cholesterol</b>	0mg		0%
<b>Sodium</b>	57mg		2%
<b>Total Carbohydrates</b>	0g		0%
Dietary Fiber	0g		0%
<b>Protein</b>	0g		
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<b>Vitamin A</b>			0%
<b>Vitamin C</b>			0%
<b>Calcium</b>			4%
<b>Iron</b>			1%

*\* Percent Daily Values are based on a 2000 calorie diet.*