

Clementine Tea

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Yield: 3 quarts

*4 cups water
3 family-size OR 8 regular-size
black tea bags
1/2 cup fresh clementine juice
2 clementines, sliced
1 cup sugar
5 1/2 cups cold water*

Preparation Time: 10 minutes

Bring the water to a boil in a four-quart saucepan over medium-high heat. Add the tea bags and boil for 2 minutes. Remove the pan from the heat.

Add the clementine juice and clementines. Let steep for 10 minutes. Discard the tea bags and clementine slices.

Stir in the sugar until dissolved.

Pour into a one-gallon container. Add the cold water.

Serve over ice.

Start to Finish Time: 30 minutes

Per Serving (excluding unknown items): 0 Calories; 0g Fat (0.0% calories from fat); 0g Protein; 0g Carbohydrate; 0g Dietary Fiber; 0mg Cholesterol; 68mg Sodium. Exchanges: .

Beverages

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
Carbohydrate (g):	0g
Dietary Fiber (g):	0g
Protein (g):	0g
Sodium (mg):	68mg
Potassium (mg):	0mg
Calcium (mg):	45mg
Iron (mg):	trace
Zinc (mg):	1mg
Vitamin C (mg):	0mg
Vitamin A (i.u.):	0IU
Vitamin A (r.e.):	0RE

% Daily Values 0 0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	0
Other Carbohydrates:	0

Nutrition Facts

Amount Per Serving

Calories 0 Calories from Fat: 0

% Daily Values*

Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 68mg	3%
Total Carbohydrates 0g	0%
Dietary Fiber 0g	0%
Protein 0g	
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Vitamin A	0%
Vitamin C	0%
Calcium	5%
Iron	1%

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