

# Southern Iced Sweet Tea

Yield: 8 min  
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/sweet-tea-italian-ice-recipe>

## Ingredients:

- 2 quarts cold water divided
- 2 tea bags family size, or 8 regular size tea bags or 8 teaspoons of loose tea, recommend Luzianne brand
- 1 cup sugar

## Nutrition:

1. Calories: 100 calories
2. Carbohydrate: 25 grams
3. Sodium: 10 milligrams
4. Sugar: 25 grams

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