



INGREDIENTS

½ gallon boiling water

6 tea bags

6 ounces frozen lemonade concentrate

5 tablespoons fresh lemon juice

6 cups cold water

2 cups sugar (or equivalent in artificial sweetener)

Lemonade Iced Tea

RECIPE...

- Place the tea bags in a gallon size heatproof pitcher. Pour boiling water over the tea bags and allow to steep for 20 minutes.
- Add the remaining ingredients, stirring well to blend. Chill for at least 30 minutes.
- Serve over ice.
- Serves 16 (8 fluid oz. each).

Lemonade Iced Tea

Nutrition Facts

Serving Size 8 fl oz (253g)

Servings Per Container 1

Amount Per Serving

Calories 80 **Calories from Fat** 0

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat

Polyunsaturated Fat 0g

Monounsaturated Fat 0g

Cholesterol 0mg 0%

Sodium 10mg 0%

Potassium 10mg 0%

Total Carbohydrate 19g 6%

Dietary Fiber 0g 0%

Sugars 19g

Protein 0g

Vitamin A 0% • Vitamin C 2%

Calcium 0% • Iron 0%

Thiamin 0% • Riboflavin 0%

Niacin 0% • Vitamin B6 0%

Folacin 0% • Vitamin B12 0%

Phosphorus 0% • Zinc 0%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 * Carbohydrate 4 * Protein 4

Nutrition Facts

Lemonade Iced Tea

POWERBACK 
REHABILITATION

