

Check Out twisted tea sugar And Different Flavours of It

Without a doubt, Twisted Tea, the pioneer of hard tea, and its much younger brother Truly Iced Tea are contributing to the growing popularity of hard tea. Twisted and Truly has you covered whether you choose to get your caffeine dose in a traditionally sweet Southern iced tea or with some fruity fizz. Let's find out about [twisted tea sugar](#) and other nutrition facts from below.

There are 27 grammes of sugar in a 12 oz can of Twisted Tea, per the nutrition label. This is roughly 6.75 teaspoons of sugar equivalent. While sugar makes up the majority of the calories in a can of Twisted Tea, there are still some calories from alcohol.

It's crucial to remember that this sugar content only applies to one serving size, and many people may decide to consume more than one can at once. Tooth damage and weight gain are only two negative health impacts that can result from consuming too much added **twisted tea sugar**.

There is no one correct response about the use of sugar in tea. This is due to the fact that a slightly twisted tea's sugar content can vary significantly based on a variety of variables, such as the type of tea leaves used, the amount of sweetener used, and individual preference. Having said that, we can offer some general advice on the matter. Below are the different flavours of **twisted tea sugar**.

Different Flavours of Twisted Tea

Raspberry Flavour

This delicious twisted tea is a representation of kindness. Your friends will be begging for more after just one sip of this lovely mixture. The delicious scent will transport you to the summer. This cocktail is wonderful for any occasion because it has the correct ratio of alcohol to brewed tea and a dash of raspberry. 209 calories are in a normal serving of raspberry **twisted tea sugar**.

Blackberry with twisted tea

With a dash of natural blackberry flavour, this non-carbonated beverage is naturally sweetened. This warm fruit beverage is the ideal beverage to bring along on a crazy journey. This drink has 205 calories per 12 ounces.

Original Flavour

Twisted tea is a blend of genuinely fermented tea and lemonade. This reviving beverage has the first flavour and is great to impart to companions. Liquor by volume differs between 4-5%. 12 OZ of unique flavour bent tea gives you 194 calories and 25.9 g carbs. This fresh and invigorating flavor can constantly be imparted to your buddies as a welcome beverage.

Cream Hard

In the event that you need that additional punch in your bent tea, cream hard are for you. It contains half chilled tea and half lemonade and has a more zesty taste than the first flavour. It is stacked with 215 calories and 30.5 g carbs. It is important regarding **twisted tea sugar**.

Curved Tea Blueberry Flavour

Blueberry curved tea accompanies a blueberry flavour mixed with additional smooth separated liquor. The pungency of the prepared tea and traces of blueberry cause you to request more. This reviving blend of blueberry flavour, tea, and liquor make a smooth refreshment that works out positively on your sense of taste. This flavour is stacked with 205 calories and 28.2 carbs.

Peach Flavour

To give your taste buds an invigorating cooler, contorted peach tea is for you. This golden hue is made utilising fermented tea and a characteristic peach flavour. Its invigorating flavour will cause you to request another glass. It will work out positively for your selection of starters regarding **twisted tea sugar**.