

Find Out About Twisted Tea Nutrition Facts And Different Flavours

Twisted Tea is a popular alcoholic beverage that combines iced tea and beer. It is a refreshing and flavorful drink that has become a favourite among many. However, for those who are health-conscious, it is important to be aware of the nutrition facts of Twisted Tea. In this article, we will take a closer look at the **twisted tea nutrition**.

Calories

Twisted Tea contains 240 calories per 12 oz. can. This may seem high, but it is not unusual for alcoholic beverages to be high in calories. For comparison, a 12 oz. can of regular beer contains around 150 calories. If you are watching your calorie intake, it is important to be mindful of how many Twisted Teas you consume in one sitting. You don't want to intake too many calories at once.

Sugar

Per 12-ounce can of Twisted Tea, there are 24 grammes of sugar. The American Heart Association advises against consuming more than 25 grammes of added sugar per day for women and 36 grammes of added sugar per day for men, which is a large quantity of sugar to ingest. It is significant in terms of the **twisted tea nutrition**. Too much sugar consumption can result in weight gain, teeth decay, and other health issues.

Alcohol Content

Twisted Tea has an alcohol content of 5%. This is similar to the alcohol content of most beers. It is important to be mindful of your alcohol intake, as excessive drinking can lead to health problems such as liver disease, high blood pressure, and increased risk of certain types of cancer. You should always be careful before drinking any drink that contains alcohol.

Other Nutrients

Twisted Tea contains no fat, cholesterol, or sodium. It does contain a small amount of carbohydrates (21 grams per 12 oz. can) and protein (less than 1 gram per 12 oz. can). You should know this if you are searching for **twisted tea nutrition**.

Ingredients

Twisted Tea contains water, high fructose corn syrup, malted barley, corn syrup, yeast, hops, tea, natural flavours, and caramel colour. It is important to note that high fructose corn syrup is a type of added sugar that has been linked to health problems such as obesity and diabetes. All the ingredients are important here as it contains alcohol.

Different Flavors of twisted tea

It is also worth noting that Twisted Tea contains natural flavours, which can be a vague and sometimes controversial ingredient. Natural flavours are essentially flavourings that are derived from natural sources, but they can be highly processed and may contain chemicals that some people prefer to avoid.

Twisted Tea is an alcoholic beverage that blends iced tea and beer. It has become a popular drink among many, particularly those who enjoy a refreshing and flavorful drink. If you want to know about **twisted tea nutrition**, you should also know that it comes in a variety of flavours, including original, peach, raspberry, and half-and-half. While it is a tasty drink, it is important to be aware of its nutrition facts, particularly its high calorie and sugar content.

Overview

Twisted Tea is a tasty and refreshing alcoholic beverage that is enjoyed by many. However, it is important to be mindful of its nutrition facts, particularly the high calorie and sugar content. If you are trying to maintain a healthy diet, it is important to consume Twisted Tea in moderation and be mindful of how many you drink in one sitting once you know the **twisted tea nutrition**. As with any alcoholic beverage, it is also important to be mindful of your alcohol intake and to drink responsibly.