

Agave-Sweetened Orange-Orange Pekoe Tea



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



14

CALORIES



134 kcal

BEVERAGE

DRINK

Ingredients



1.5 cups agave nectar



2 cinnamon sticks



14 servings ice cubes



0.5 cup juice of lemon freshly squeezed



14 servings cranberry-orange relish for garnish thin



2 cups orange juice freshly squeezed



12 ginger tea bags orange-flavored black



12 cups water cold

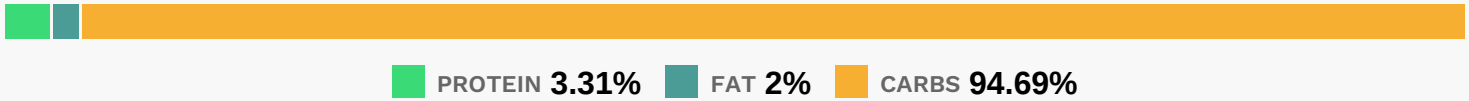
Equipment

- ☐ ladle
- ☐ pot
- ☐ slotted spoon
- ☐ canning jar

Directions

- ☐ • In a stockpot, combine the water and cinnamon sticks and bring to a boil.
- ☐ Remove from heat and immediately add the tea bags, orange juice, lemon juice, and agave nectar. Cover and let stand for 30 minutes.
- ☐ Remove the lid, allow the tea to cool, and remove the tea bags with a slotted spoon.
- ☐ • To serve, ladle into pint-size canning jars filled with ice and garnish with orange wedges.
- ☐ From Vegan Soul Kitchen: Fresh, Healthy, and Creative African-American Cuisine by Bryant Terry. © 2009 by Bryant Terry. Published by Da Capo Press, a member of the Perseus Books Group. Reprinted by permission.

Nutrition Facts



Properties

Glycemic Index:8.18, Glycemic Load:8.18, Inflammation Score:-6, Nutrition Score:7.9886957588403%

Flavonoids

Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg Hesperetin: 30.02mg, Hesperetin: 30.02mg, Hesperetin: 30.02mg, Hesperetin: 30.02mg Naringenin: 14.67mg, Naringenin: 14.67mg, Naringenin: 14.67mg, Naringenin: 14.67mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

Nutrients (% of daily need)

Calories: 134.47kcal (6.72%), Fat: 0.31g (0.48%), Saturated Fat: 0.03g (0.17%), Carbohydrates: 33.32g (11.11%), Net Carbohydrates: 30.75g (11.18%), Sugar: 27.65g (30.72%), Cholesterol: 0mg (0%), Sodium: 14.37mg (0.62%), Alcohol:

Og (100%), Alcohol %: 0% (100%), Protein: 1.17g (2.33%), Vitamin C: 72.99mg (88.48%), Folate: 46.47µg (11.62%), Fiber: 2.57g (10.28%), Vitamin B1: 0.14mg (9.41%), Potassium: 245.83mg (7.02%), Vitamin B6: 0.13mg (6.41%), Manganese: 0.12mg (5.85%), Vitamin A: 275.36IU (5.51%), Calcium: 53.43mg (5.34%), Vitamin K: 5.49µg (5.23%), Copper: 0.1mg (5.14%), Vitamin B2: 0.09mg (5.12%), Magnesium: 16.54mg (4.14%), Vitamin B5: 0.31mg (3.06%), Vitamin E: 0.43mg (2.88%), Vitamin B3: 0.57mg (2.86%), Phosphorus: 19.88mg (1.99%), Selenium: 0.91µg (1.3%), Iron: 0.23mg (1.28%)