



## Apple-Spiced Iced Tea

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



1440 min.

SERVINGS



10

CALORIES



26 kcal

BEVERAGE

DRINK

### Ingredients

- 12 oz apple juice concentrate canned
- 3 sticks cinnamon (3-inch)
- 3 inch ginger fresh sliced
- 1 optional: lemon sliced
- 2 qt freshly tea unsweetened hot
- 1 vanilla pod split

### Equipment

# Directions

- Stir together hot unsweetened tea, apple juice concentrate, cinnamon sticks, vanilla bean, ginger, and lemon. Chill 24 hours, stirring occasionally.
- Remove cinnamon, vanilla bean, and ginger.
- Serve over ice.

# Nutrition Facts



# Properties

Glycemic Index:8.63, Glycemic Load:1.78, Inflammation Score:-7, Nutrition Score:2.7708695475822%

# Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Catechin: 3.28mg, Catechin: 3.28mg, Catechin: 3.28mg, Catechin: 3.28mg Epigallocatechin: 15.24mg, Epigallocatechin: 15.24mg, Epigallocatechin: 15.24mg, Epigallocatechin: 15.24mg Epicatechin: 5.63mg, Epicatechin: 5.63mg, Epicatechin: 5.63mg, Epicatechin: 5.63mg Epicatechin 3-gallate: 11.09mg, Epicatechin 3-gallate: 11.09mg, Epicatechin 3-gallate: 11.09mg, Epicatechin 3-gallate: 11.09mg Epigallocatechin 3-gallate: 17.72mg, Epigallocatechin 3-gallate: 17.72mg, Epigallocatechin 3-gallate: 17.72mg, Epigallocatechin 3-gallate: 17.72mg Theaflavin: 2.99mg, Theaflavin: 2.99mg, Theaflavin: 2.99mg, Theaflavin: 2.99mg Thearubigins: 153.88mg, Thearubigins: 153.88mg, Thearubigins: 153.88mg, Thearubigins: 153.88mg Eriodictyol: 2.31mg, Eriodictyol: 2.31mg, Eriodictyol: 2.31mg, Eriodictyol: 2.31mg Hesperetin: 3.01mg, Hesperetin: 3.01mg, Hesperetin: 3.01mg, Hesperetin: 3.01mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Kaempferol: 2.67mg, Kaempferol: 2.67mg, Kaempferol: 2.67mg, Kaempferol: 2.67mg Myricetin: 0.91mg, Myricetin: 0.91mg, Myricetin: 0.91mg, Myricetin: 0.91mg Quercetin: 4.47mg, Quercetin: 4.47mg, Quercetin: 4.47mg, Quercetin: 4.47mg Theaflavin-3,3'-digallate: 3.31mg, Theaflavin-3,3'-digallate: 3.31mg, Theaflavin-3,3'-digallate: 3.31mg, Theaflavin-3,3'-digallate: 3.31mg Theaflavin-3'-gallate: 2.86mg, Theaflavin-3'-gallate: 2.86mg, Theaflavin-3'-gallate: 2.86mg, Theaflavin-3'-gallate: 2.86mg Gallocatechin: 2.37mg, Gallocatechin: 2.37mg, Gallocatechin: 2.37mg, Gallocatechin: 2.37mg

# Nutrients (% of daily need)

Calories: 26.12kcal (1.31%), Fat: 0.18g (0.28%), Saturated Fat: 0.02g (0.15%), Carbohydrates: 6.76g (2.25%), Net Carbohydrates: 5.79g (2.11%), Sugar: 3.6g (4%), Cholesterol: 0mg (0%), Sodium: 7.63mg (0.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 37.85mg (12.62%), Protein: 0.23g (0.47%), Manganese: 0.63mg (31.56%), Vitamin C: 6.18mg (7.48%), Fiber: 0.97g (3.88%), Potassium: 132.53mg (3.79%), Folate: 10.95µg (2.74%), Magnesium: 9.78mg (2.44%), Vitamin B2: 0.04mg (2.09%), Copper: 0.04mg (1.77%), Calcium: 16.39mg (1.64%), Iron:

0.24mg (1.35%)