



Blueberry Tea Cocktail

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



5 min.

SERVINGS



1

CALORIES



183 kcal

BEVERAGE

DRINK

Ingredients

- 1 fluid ounce amaretto
- 1 fluid ounce orange liqueur grand marnier® (such as)
- 4 fluid ounces orange pekoe tea to taste

Equipment

Directions

- Combine amaretto and orange liqueur in a brandy snifter or glass.

Add hot tea to taste.

Nutrition Facts

PROTEIN 0.3% **FAT 2.01%** **CARBS 97.69%**

Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-6, Nutrition Score:1.0126086886486%

Flavonoids

Catechin: 1.79mg, Catechin: 1.79mg, Catechin: 1.79mg, Catechin: 1.79mg Epigallocatechin: 9.52mg, Epigallocatechin: 9.52mg, Epigallocatechin: 9.52mg, Epigallocatechin: 9.52mg Epicatechin: 2.52mg, Epicatechin: 2.52mg, Epicatechin: 2.52mg, Epicatechin: 2.52mg Epicatechin 3-gallate: 6.93mg, Epicatechin 3-gallate: 6.93mg, Epicatechin 3-gallate: 6.93mg, Epicatechin 3-gallate: 6.93mg Epigallocatechin 3-gallate: 11.07mg, Epigallocatechin 3-gallate: 11.07mg, Epigallocatechin 3-gallate: 11.07mg, Epigallocatechin 3-gallate: 11.07mg Theaflavin: 1.87mg, Theaflavin: 1.87mg, Theaflavin: 1.87mg, Theaflavin: 1.87mg Thearubigins: 96.16mg, Thearubigins: 96.16mg, Thearubigins: 96.16mg, Thearubigins: 96.16mg Kaempferol: 1.67mg, Kaempferol: 1.67mg, Kaempferol: 1.67mg, Kaempferol: 1.67mg Myricetin: 0.53mg, Myricetin: 0.53mg, Myricetin: 0.53mg, Myricetin: 0.53mg Quercetin: 2.59mg, Quercetin: 2.59mg, Quercetin: 2.59mg, Quercetin: 2.59mg Theaflavin-3,3'-digallate: 2.07mg, Theaflavin-3,3'-digallate: 2.07mg, Theaflavin-3,3'-digallate: 2.07mg, Theaflavin-3,3'-digallate: 2.07mg Theaflavin-3'-gallate: 1.79mg, Theaflavin-3'-gallate: 1.79mg, Theaflavin-3'-gallate: 1.79mg, Theaflavin-3'-gallate: 1.79mg Gallic acid: 1.48mg, Gallic acid: 1.48mg, Gallic acid: 1.48mg, Gallic acid: 1.48mg

Nutrients (% of daily need)

Calories: 183.33kcal (9.17%), Fat: 0.18g (0.27%), Saturated Fat: 0.07g (0.41%), Carbohydrates: 19.4g (6.47%), Net Carbohydrates: 19.4g (7.05%), Sugar: 19.04g (21.16%), Cholesterol: 0mg (0%), Sodium: 8.28mg (0.36%), Alcohol: 15.38g (100%), Alcohol %: 10.98% (100%), Caffeine: 39.03mg (13.01%), Protein: 0.06g (0.12%), Manganese: 0.27mg (13.45%), Copper: 0.04mg (1.77%), Potassium: 61.51mg (1.76%), Folate: 5.91µg (1.48%), Vitamin B2: 0.02mg (1.39%), Magnesium: 5.32mg (1.33%)