



Cider Tea



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



86 kcal

BEVERAGE

DRINK

Ingredients

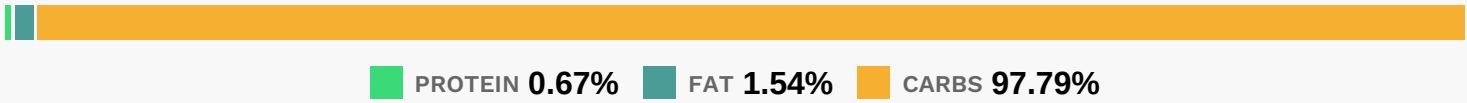
- ☐ 3 cups apple cider
- ☐ 3 tablespoons honey
- ☐ 2 family-size orange pekoe tea bags
- ☐ 3 cups water boiling

Equipment

Directions

- ☐
- Pour 3 cups boiling water over tea bags. Cover and steep 8 minutes; discard tea bags. Stir in cider and honey.
- ☐
- Serve warm or over ice.

Nutrition Facts



Properties

Glycemic Index:15.5, Glycemic Load:9.85, Inflammation Score:-1, Nutrition Score:1.0378260842484%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 1.48mg, Catechin: 1.48mg, Catechin: 1.48mg, Catechin: 1.48mg Epicatechin: 5.56mg, Epicatechin: 5.56mg, Epicatechin: 5.56mg, Epicatechin: 5.56mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg

Nutrients (% of daily need)

Calories: 86.2kcal (4.31%), Fat: 0.15g (0.24%), Saturated Fat: 0.03g (0.16%), Carbohydrates: 21.99g (7.33%), Net Carbohydrates: 21.73g (7.9%), Sugar: 19.97g (22.19%), Cholesterol: 0mg (0%), Sodium: 11.05mg (0.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.15g (0.3%), Manganese: 0.1mg (4.79%), Potassium: 124.64mg (3.56%), Copper: 0.04mg (1.84%), Magnesium: 7.29mg (1.82%), Vitamin B1: 0.02mg (1.65%), Vitamin B2: 0.02mg (1.41%), Calcium: 13.62mg (1.36%), Vitamin C: 1.11mg (1.35%), Vitamin B6: 0.02mg (1.19%), Iron: 0.19mg (1.03%), Fiber: 0.26g (1.03%)