

Clementine Tea



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



10

CALORIES



89 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 3 family-size black
- ☐ 0.5 cup clementine juice fresh
- ☐ 2 clementines sliced
- ☐ 1 cup sugar
- ☐ 4 cups water
- ☐ 5.5 cups water cold

Equipment

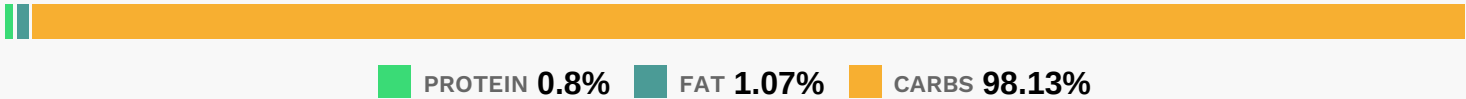
- ☐ frying pan

☐ sauce pan

Directions

- ☐ Bring 4 cups water to a boil in a 4-qt. saucepan over medium-high heat.
- ☐ Add tea bags; boil 2 minutes.
- ☐ Remove pan from heat; add clementine juice and sliced clementines.
- ☐ Let steep 10 minutes. Discard tea bags and clementine slices. Stir in sugar until dissolved.
- ☐ Pour into a 1-gal. container, and add 5 1/2 cups cold water.
- ☐ Serve over ice.
- ☐ Note: We tested with Lipton Iced Tea Family Size Tea Bags.

Nutrition Facts



Properties

Glycemic Index:14.01, Glycemic Load:15.03, Inflammation Score:-1, Nutrition Score:1.2113043348426%

Flavonoids

Hesperetin: 2.11mg, Hesperetin: 2.11mg, Hesperetin: 2.11mg, Hesperetin: 2.11mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 89.27kcal (4.46%), Fat: 0.11g (0.17%), Saturated Fat: 0g (0.02%), Carbohydrates: 22.95g (7.65%), Net Carbohydrates: 22.67g (8.24%), Sugar: 22.54g (25.05%), Cholesterol: 0mg (0%), Sodium: 11.71mg (0.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.19g (0.38%), Vitamin C: 10.85mg (13.16%), Copper: 0.05mg (2.34%), Potassium: 48.58mg (1.39%), Calcium: 13.61mg (1.36%), Vitamin B1: 0.02mg (1.32%), Magnesium: 4.72mg (1.18%), Fiber: 0.28g (1.11%), Folate: 4.17µg (1.04%)