



## Cranberry and Spice Tea "Toddies"

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



77 kcal

BEVERAGE

DRINK

### Ingredients

- 2 cups unfiltered apple juice fresh
- 2 cups 1/4 cup dried cranberry (juice sweetened if possible) sweetened
- 4 orange-spice herb tea bags

### Equipment

- frying pan
- sauce pan
- ladle

## Directions

- Bring 2 cups water to a boil in a saucepan.
- Remove from heat, add tea, and steep 5 minutes.
- Remove tea.
- Add juices to pan; reheat until steaming. Ladle into mugs.

## Nutrition Facts



## Properties

Glycemic Index:16.13, Glycemic Load:9.45, Inflammation Score:-1, Nutrition Score:2.1208695471287%

## Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 1.03mg, Catechin: 1.03mg, Catechin: 1.03mg, Catechin: 1.03mg Epicatechin: 3.89mg, Epicatechin: 3.89mg, Epicatechin: 3.89mg, Epicatechin: 3.89mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg

## Nutrients (% of daily need)

Calories: 76.82kcal (3.84%), Fat: 0.22g (0.33%), Saturated Fat: 0.03g (0.17%), Carbohydrates: 19.63g (6.54%), Net Carbohydrates: 19.38g (7.05%), Sugar: 18.16g (20.17%), Cholesterol: 0mg (0%), Sodium: 4.99mg (0.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.41g (0.82%), Vitamin C: 8.59mg (10.41%), Vitamin E: 1.02mg (6.8%), Potassium: 148.43mg (4.24%), Vitamin K: 4.3µg (4.1%), Manganese: 0.06mg (3.06%), Vitamin B6: 0.06mg (2.94%), Copper: 0.06mg (2.82%), Magnesium: 9.19mg (2.3%), Vitamin B2: 0.03mg (1.72%), Iron: 0.31mg (1.72%), Phosphorus: 16.75mg (1.67%), Vitamin B1: 0.02mg (1.66%), Calcium: 13.36mg (1.34%)