



## Cranberry-Mint Iced Tea

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



15 min.

SERVINGS



6

CALORIES



155 kcal

BEVERAGE

DRINK

### Ingredients

- 6 cups cranberry juice cocktail
- 4 ginger tea bags black
- 10 inch mint leaves
- 2 tablespoons sugar

### Equipment

- sauce pan
- measuring cup

## Directions

- Heat cranberry juice cocktail to boiling in 2-quart saucepan.
- Pour over tea bags and mint in 2-quart glass measuring cup or heatproof pitcher.
- Let steep 5 to 10 minutes.
- Strain tea mixture. Stir in sugar.
- Serve tea over ice.
- Add more sugar if desired.

## Nutrition Facts

**PROTEIN 0.4%** **FAT 1.74%** **CARBS 97.86%**

## Properties

Glycemic Index:21.68, Glycemic Load:23.29, Inflammation Score:-5, Nutrition Score:5.934782601569%

## Flavonoids

Cyanidin: 0.94mg, Cyanidin: 0.94mg, Cyanidin: 0.94mg, Cyanidin: 0.94mg Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg Peonidin: 1.04mg, Peonidin: 1.04mg, Peonidin: 1.04mg, Peonidin: 1.04mg Catechin: 0.48mg, Catechin: 0.48mg, Catechin: 0.48mg, Catechin: 0.48mg Epicatechin: 2.5mg, Epicatechin: 2.5mg, Epicatechin: 2.5mg, Epicatechin: 2.5mg Eriodictyol: 1.31mg, Eriodictyol: 1.31mg, Eriodictyol: 1.31mg, Eriodictyol: 1.31mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Apigenin: 0.25mg, Apigenin: 0.25mg, Apigenin: 0.25mg, Apigenin: 0.25mg Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.58mg, Myricetin: 0.58mg, Myricetin: 0.58mg, Myricetin: 0.58mg Quercetin: 5.57mg, Quercetin: 5.57mg, Quercetin: 5.57mg, Quercetin: 5.57mg

## Nutrients (% of daily need)

Calories: 154.98kcal (7.75%), Fat: 0.31g (0.47%), Saturated Fat: 0.03g (0.21%), Carbohydrates: 38.77g (12.92%), Net Carbohydrates: 38.43g (13.97%), Sugar: 34.1g (37.89%), Cholesterol: 0mg (0%), Sodium: 6.41mg (0.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.16g (0.32%), Vitamin C: 108.37mg (131.35%), Manganese: 0.17mg (8.57%), Vitamin A: 200.07IU (4%), Vitamin E: 0.56mg (3.71%), Iron: 0.47mg (2.61%), Vitamin K: 2.53µg (2.41%), Copper: 0.04mg (1.98%), Calcium: 17.92mg (1.79%), Potassium: 59.59mg (1.7%), Magnesium: 5.92mg (1.48%), Vitamin B5: 0.15mg (1.46%), Fiber: 0.34g (1.35%), Folate: 4.83µg (1.21%)