



Cranberry-Raspberry Ginger Tea



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



6

CALORIES



60 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 3 cups freshly tea brewed
- ☐ 3 cups 1/4 cup dried cranberry (juice sweetened if possible)
- ☐ 3 slices ginger

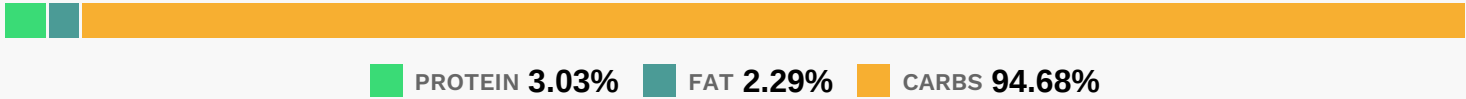
Equipment

- ☐ sauce pan

Directions

- ☐ Mix all ingredients in 2-quart saucepan.
- ☐ Heat to boiling; reduce heat.
- ☐ Simmer uncovered 10 minutes, stirring occasionally.
- ☐ Remove gingerroot.
- ☐ Serve tea warm.

Nutrition Facts



Properties

Glycemic Index:11.83, Glycemic Load:8.6, Inflammation Score:-5, Nutrition Score:3.1139130346153%

Flavonoids

Catechin: 1.78mg, Catechin: 1.78mg, Catechin: 1.78mg, Catechin: 1.78mg Epigallocatechin: 9.5mg, Epigallocatechin: 9.5mg, Epigallocatechin: 9.5mg, Epigallocatechin: 9.5mg Epicatechin: 2.51mg, Epicatechin: 2.51mg, Epicatechin: 2.51mg, Epicatechin: 2.51mg Epicatechin 3-gallate: 6.91mg, Epicatechin 3-gallate: 6.91mg, Epicatechin 3-gallate: 6.91mg, Epicatechin 3-gallate: 6.91mg Epigallocatechin 3-gallate: 11.04mg, Epigallocatechin 3-gallate: 11.04mg, Epigallocatechin 3-gallate: 11.04mg, Epigallocatechin 3-gallate: 11.04mg Theaflavin: 1.86mg, Theaflavin: 1.86mg, Theaflavin: 1.86mg, Theaflavin: 1.86mg Thearubigins: 95.93mg, Thearubigins: 95.93mg, Thearubigins: 95.93mg, Thearubigins: 95.93mg Kaempferol: 1.66mg, Kaempferol: 1.66mg, Kaempferol: 1.66mg, Kaempferol: 1.66mg Myricetin: 0.53mg, Myricetin: 0.53mg, Myricetin: 0.53mg, Myricetin: 0.53mg Quercetin: 2.58mg, Quercetin: 2.58mg, Quercetin: 2.58mg, Quercetin: 2.58mg 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: 1.78mg, Theaflavin-3'-gallate: 1.78mg, Theaflavin-3'-gallate: 1.78mg, Theaflavin-3'-gallate: 1.78mg Gallocatechin: 1.48mg, Gallocatechin: 1.48mg, Gallocatechin: 1.48mg, Gallocatechin: 1.48mg

Nutrients (% of daily need)

Calories: 60.17kcal (3.01%), Fat: 0.17g (0.26%), Saturated Fat: 0.02g (0.11%), Carbohydrates: 15.96g (5.32%), Net Carbohydrates: 15.82g (5.75%), Sugar: 15.32g (17.03%), Cholesterol: 0mg (0%), Sodium: 6.2mg (0.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 23.6mg (7.87%), Protein: 0.51g (1.02%), Vitamin C: 11.81mg (14.32%), Manganese: 0.26mg (13.04%), Vitamin E: 1.52mg (10.14%), Vitamin K: 6.45µg (6.15%), Copper: 0.08mg (4.18%), Potassium: 145.21mg (4.15%), Vitamin B6: 0.07mg (3.37%), Magnesium: 11.56mg (2.89%), Vitamin B2: 0.04mg (2.33%), Iron: 0.35mg (1.92%), Folate: 7.28µg (1.82%), Phosphorus: 17.97mg (1.8%), Vitamin A: 56.92IU (1.14%), Calcium: 10.28mg (1.03%), Zinc: 0.15mg (1.02%)