



Cranberry-Raspberry Herb Tea

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



10 min.

SERVINGS



10

CALORIES



85 kcal

BEVERAGE

DRINK

Ingredients

- 11.5 ounce cranberry-raspberry juice cocktail concentrate frozen undiluted thawed canned
- 2 cups lemon-lime drink chilled soft
- 12 regular-size herb tea bags
- 2 cups water boiling

Equipment

Directions

- Pour 2 cups boiling water over tea bags; steep 20 minutes.
- Remove tea bags, and discard. Chill tea 1 hour.
- Stir in juice concentrate and soft drink; serve over ice.
- Note: For testing purposes only, we used Celestial Seasonings Red Zinger Natural Herb Tea.

Nutrition Facts

PROTEIN 0.27% **FAT 0%** **CARBS 99.73%**

Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:1.2104347986372%

Nutrients (% of daily need)

Calories: 84.88kcal (4.24%), Fat: 0g (0%), Saturated Fat: 0g (0%), Carbohydrates: 21.69g (7.23%), Net Carbohydrates: 21.63g (7.86%), Sugar: 18.67g (20.74%), Cholesterol: 0mg (0%), Sodium: 8.39mg (0.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 7.08mg (2.36%), Protein: 0.06g (0.12%), Vitamin C: 14.93mg (18.1%), Manganese: 0.05mg (2.28%), Vitamin B5: 0.16mg (1.59%)