



Cranberry Spice Tea



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



25 min.

SERVINGS



6

CALORIES



89 kcal

BEVERAGE

DRINK

Ingredients

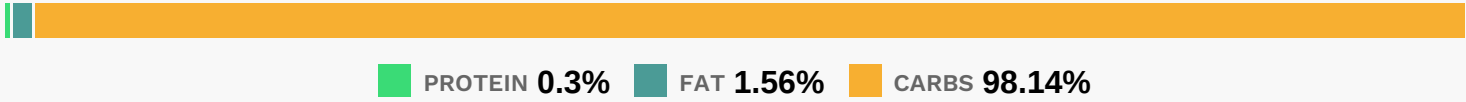
- ☐ 3 cups freshly tea brewed
- ☐ 3 cups cranberry juice cocktail
- ☐ 2 tablespoons sugar
- ☐ 3 sticks cinnamon

Equipment

Directions

- ☐ Heat all ingredients to boiling; reduce heat.
- ☐ Simmer uncovered 20 minutes, stirring occasionally.
- ☐ Remove cinnamon sticks.
- ☐ Serve tea warm.

Nutrition Facts



Properties

Glycemic Index:22.52, Glycemic Load:13.06, Inflammation Score:-6, Nutrition Score:5.1408696828167%

Flavonoids

Cyanidin: 0.47mg, Cyanidin: 0.47mg, Cyanidin: 0.47mg, Cyanidin: 0.47mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg Peonidin: 0.52mg, Peonidin: 0.52mg, Peonidin: 0.52mg, Peonidin: 0.52mg Catechin: 2.02mg, Catechin: 2.02mg, Catechin: 2.02mg, Catechin: 2.02mg Epigallocatechin: 9.5mg, Epigallocatechin: 9.5mg, Epigallocatechin: 9.5mg, Epigallocatechin: 9.5mg Epicatechin: 3.77mg, Epicatechin: 3.77mg, Epicatechin: 3.77mg, Epicatechin: 3.77mg 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 Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 1.68mg, Kaempferol: 1.68mg, Kaempferol: 1.68mg, Kaempferol: 1.68mg Myricetin: 0.82mg, Myricetin: 0.82mg, Myricetin: 0.82mg, Myricetin: 0.82mg Quercetin: 5.37mg, Quercetin: 5.37mg, Quercetin: 5.37mg, Quercetin: 5.37mg 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: 89.21kcal (4.46%), Fat: 0.16g (0.25%), Saturated Fat: 0.02g (0.12%), Carbohydrates: 22.83g (7.61%), Net Carbohydrates: 21.9g (7.96%), Sugar: 19.08g (21.2%), Cholesterol: 0mg (0%), Sodium: 6.28mg (0.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 23.6mg (7.87%), Protein: 0.07g (0.14%), Vitamin C: 53.58mg (64.94%), Manganese: 0.63mg (31.25%), Fiber: 0.93g (3.72%), Calcium: 21.37mg (2.14%), Vitamin E: 0.32mg (2.13%), Potassium: 68.99mg (1.97%), Vitamin K: 1.81µg (1.72%), Iron: 0.3mg (1.65%), Copper: 0.03mg (1.53%), Folate: 6.01µg (1.5%), Magnesium: 5.86mg (1.46%), Vitamin B2: 0.02mg (1.06%)