



# Cranberry Tea

 Vegetarian  Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



8

CALORIES



151 kcal

BEVERAGE

DRINK

## Ingredients

- 6 cups apple juice unsweetened
- 3 cinnamon sticks
- 3 cups cranberries fresh
- 9 slices ginger fresh peeled
- 0.3 cup honey
- 6 ginger tea bags
- 6 cups water

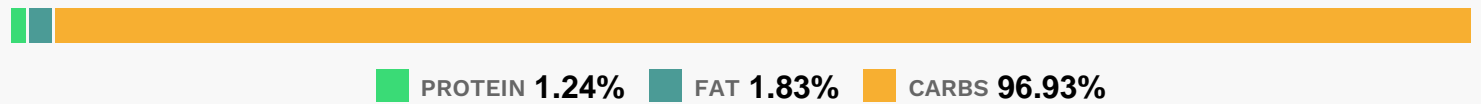
## Equipment

- sauce pan
- colander
- cheesecloth

## Directions

- Place cinnamon and cloves on a double thickness of cheesecloth. Bring up corners of cloth; tie with a string to form a bag.
- In a large saucepan, combine the water, cranberries and ginger; add spice bag. Bring to a boil. Reduce heat; cover and simmer for 15–20 minutes or until berries have popped, stirring occasionally.
- Remove from the heat.
- Add tea bags; cover and steep for 5 minutes.
- Discard tea bags and spice bag. Strain cranberry mixture through a cheesecloth-lined colander. Return to saucepan. Stir in juice and honey; heat through.
- Serve warm.

## Nutrition Facts



## Properties

Glycemic Index:19.75, Glycemic Load:15.97, Inflammation Score:-2, Nutrition Score:3.8447826582453%

## Flavonoids

Cyanidin: 17.45mg, Cyanidin: 17.45mg, Cyanidin: 17.45mg, Cyanidin: 17.45mg Delphinidin: 2.88mg, Delphinidin: 2.88mg, Delphinidin: 2.88mg, Delphinidin: 2.88mg Malvidin: 0.17mg, Malvidin: 0.17mg, Malvidin: 0.17mg, Malvidin: 0.17mg Pelargonidin: 0.12mg, Pelargonidin: 0.12mg, Pelargonidin: 0.12mg, Pelargonidin: 0.12mg Peonidin: 18.43mg, Peonidin: 18.43mg, Peonidin: 18.43mg Catechin: 2.47mg, Catechin: 2.47mg, Catechin: 2.47mg, Catechin: 2.47mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 10.4mg, Epicatechin: 10.4mg, Epicatechin: 10.4mg, Epicatechin: 10.4mg Epigallocatechin 3-gallate: 0.36mg, Epigallocatechin 3-gallate: 0.36mg, Epigallocatechin 3-gallate: 0.36mg, Epigallocatechin 3-gallate: 0.36mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 2.5mg, Myricetin: 2.5mg, Myricetin: 2.5mg, Myricetin: 2.5mg Quercetin: 6.64mg, Quercetin: 6.64mg, Quercetin: 6.64mg, Quercetin: 6.64mg

## Nutrients (% of daily need)

Calories: 150.79kcal (7.54%), Fat: 0.32g (0.5%), Saturated Fat: 0.05g (0.33%), Carbohydrates: 38.61g (12.87%), Net Carbohydrates: 36.12g (13.14%), Sugar: 31.16g (34.62%), Cholesterol: 0mg (0%), Sodium: 18.05mg (0.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.49g (0.99%), Manganese: 0.52mg (25.92%), Fiber: 2.49g (9.97%), Vitamin C: 7.16mg (8.68%), Potassium: 240.2mg (6.86%), Copper: 0.09mg (4.32%), Magnesium: 15.36mg (3.84%), Calcium: 37.56mg (3.76%), Vitamin E: 0.55mg (3.67%), Vitamin B6: 0.06mg (3.2%), Vitamin B1: 0.04mg (2.96%), Iron: 0.49mg (2.73%), Vitamin B2: 0.05mg (2.69%), Vitamin B5: 0.22mg (2.21%), Vitamin K: 2.29µg (2.18%), Phosphorus: 19.32mg (1.93%), Vitamin B3: 0.23mg (1.13%), Zinc: 0.15mg (1.01%)