



Cranberry Tea Cooler



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



178 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 2 sticks cinnamon (2 1/2-inch)
- ☐ 2 cups cranberry juice cocktail
- ☐ 0.3 cup juice of lemon
- ☐ 1 cup orange juice
- ☐ 1.5 cups splenda granular
- ☐ 2 family-size tea bags
- ☐ 1 quart water boiling
- ☐ 2 quarts water

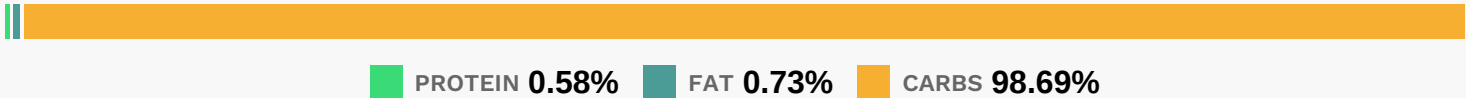
Equipment

☐ sieve

Directions

- ☐ Stir together first 4 ingredients; cover and steep 15 minutes.
- ☐ Pour mixture through a wire-mesh strainer into a container, discarding tea bags and spices. Stir in no-calorie sweetener, 2 quarts water, and remaining ingredients.
- ☐ Serve over ice.

Nutrition Facts



Properties

Glycemic Index:20.88, Glycemic Load:23.88, Inflammation Score:-3, Nutrition Score:3.9952174178932%

Flavonoids

Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 0.26mg, Peonidin: 0.26mg, Peonidin: 0.26mg, Peonidin: 0.26mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.63mg, Epicatechin: 0.63mg, Epicatechin: 0.63mg, Epicatechin: 0.63mg Eriodictyol: 0.42mg, Eriodictyol: 0.42mg, Eriodictyol: 0.42mg, Eriodictyol: 0.42mg Hesperetin: 4.81mg, Hesperetin: 4.81mg, Hesperetin: 4.81mg, Hesperetin: 4.81mg Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg

Nutrients (% of daily need)

Calories: 177.94kcal (8.9%), Fat: 0.15g (0.24%), Saturated Fat: 0.02g (0.12%), Carbohydrates: 47.19g (15.73%), Net Carbohydrates: 46.64g (16.96%), Sugar: 40.45g (44.95%), Cholesterol: 0mg (0%), Sodium: 19.48mg (0.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.28g (0.56%), Vitamin C: 45.24mg (54.84%), Manganese: 0.19mg (9.42%), Copper: 0.08mg (4.05%), Folate: 10.88µg (2.72%), Calcium: 25.18mg (2.52%), Potassium: 83.98mg (2.4%), Fiber: 0.55g (2.2%), Magnesium: 8.57mg (2.14%), Vitamin B1: 0.03mg (1.99%), Vitamin A: 70.1IU (1.4%), Vitamin E: 0.18mg (1.22%), Iron: 0.2mg (1.13%), Vitamin B5: 0.1mg (1.05%)