



Fresh Cranberry Tea



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



90 min.

SERVINGS



14

CALORIES



113 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 2 cinnamon sticks
- ☐ 12 ounce cranberries
- ☐ 2 juice of lemon juiced
- ☐ 2 juice of orange juiced
- ☐ 2 cups splenda® no calorie sweetener
- ☐ 3.5 quarts water

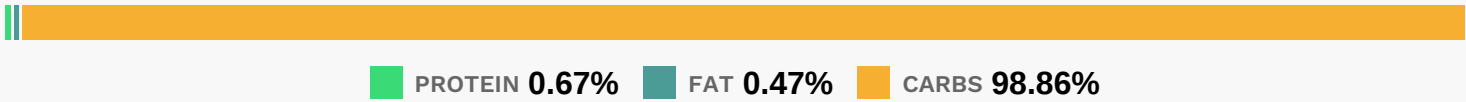
Equipment

- ☐ pot

Directions

- ☐ In a large pot, combine water and cranberries. Bring to a boil, reduce heat, and simmer for 30 minutes.
- ☐ Add SPLENDA® Granulated Sweetener, orange juice, lemon juice, cloves and cinnamon sticks. Cover, and steep for 1 hour.

Nutrition Facts



Properties

Glycemic Index:10.86, Glycemic Load:14.41, Inflammation Score:-1, Nutrition Score:1.8373913110598%

Flavonoids

Cyanidin: 11.28mg, Cyanidin: 11.28mg, Cyanidin: 11.28mg, Cyanidin: 11.28mg Delphinidin: 1.86mg, Delphinidin: 1.86mg, Delphinidin: 1.86mg, Delphinidin: 1.86mg Malvidin: 0.11mg, Malvidin: 0.11mg, Malvidin: 0.11mg, Malvidin: 0.11mg Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg Peonidin: 11.95mg, Peonidin: 11.95mg, Peonidin: 11.95mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg Epicatechin: 1.06mg, Epicatechin: 1.06mg, Epicatechin: 1.06mg, Epicatechin: 1.06mg Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 1.64mg, Hesperetin: 1.64mg, Hesperetin: 1.64mg, Hesperetin: 1.64mg Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 1.62mg, Myricetin: 1.62mg, Myricetin: 1.62mg, Myricetin: 1.62mg Quercetin: 3.64mg, Quercetin: 3.64mg, Quercetin: 3.64mg, Quercetin: 3.64mg

Nutrients (% of daily need)

Calories: 113.21kcal (5.66%), Fat: 0.07g (0.1%), Saturated Fat: 0.01g (0.05%), Carbohydrates: 30.56g (10.19%), Net Carbohydrates: 29.39g (10.69%), Sugar: 24.82g (27.58%), Cholesterol: 0mg (0%), Sodium: 12.49mg (0.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.21g (0.41%), Vitamin C: 9.37mg (11.35%), Manganese: 0.18mg (8.83%), Fiber: 1.17g (4.68%), Copper: 0.06mg (2.88%), Vitamin E: 0.34mg (2.28%), Calcium: 15.25mg (1.53%), Magnesium: 5.32mg (1.33%), Vitamin K: 1.38µg (1.31%), Potassium: 44.29mg (1.27%)