

Fuss Free Hot Cranberry Tea

 **Gluten Free**  **Dairy Free**

READY IN



15 min.

SERVINGS



26

CALORIES



94 kcal

BEVERAGE

DRINK

Ingredients

- 64 fluid ounce 1/4 cup dried cranberry (juice sweetened if possible)
- 0.5 gallon orange juice
- 16 ounce pineapple rings canned
- 4.5 ounce cinnamon candies red
- 8 ginger tea bags
- 0.5 gallon water

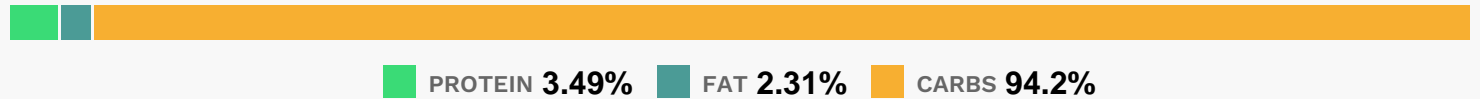
Equipment

- pot

Directions

- Combine the orange juice, cranberry-raspberry juice, pineapple juice, and cinnamon candies in a large stockpot; cook over high heat until the candies dissolve.
- Combine the water and tea bags in a separate pot and bring to a boil; reduce heat and simmer 5 to 10 minutes; pour into juice mixture.
- Serve hot.

Nutrition Facts



Properties

Glycemic Index:4.15, Glycemic Load:8.79, Inflammation Score:-4, Nutrition Score:4.9800000475801%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 8.7mg, Hesperetin: 8.7mg, Hesperetin: 8.7mg, Hesperetin: 8.7mg Naringenin: 1.56mg, Naringenin: 1.56mg, Naringenin: 1.56mg, Naringenin: 1.56mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 94.03kcal (4.7%), Fat: 0.26g (0.4%), Saturated Fat: 0.03g (0.16%), Carbohydrates: 23.78g (7.93%), Net Carbohydrates: 23.34g (8.49%), Sugar: 21.45g (23.83%), Cholesterol: 0mg (0%), Sodium: 6mg (0.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.88g (1.76%), Vitamin C: 44.81mg (54.31%), Potassium: 223.27mg (6.38%), Vitamin E: 0.91mg (6.04%), Vitamin B1: 0.09mg (5.99%), Folate: 23.44µg (5.86%), Copper: 0.1mg (5.12%), Vitamin B6: 0.08mg (4%), Magnesium: 15.72mg (3.93%), Vitamin A: 187.07IU (3.74%), Vitamin K: 3.91µg (3.72%), Phosphorus: 23.06mg (2.31%), Vitamin B2: 0.04mg (2.27%), Iron: 0.38mg (2.09%), Vitamin B3: 0.41mg (2.03%), Calcium: 18.81mg (1.88%), Fiber: 0.45g (1.78%), Vitamin B5: 0.14mg (1.38%)