



Grandma's Russian Tea



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



262 kcal

BEVERAGE

DRINK

Ingredients



1 cinnamon sticks



1 teaspoon ground allspice



6 ounce lemonade concentrate frozen canned



6 ounce orange juice concentrate frozen canned



12 ounce pineapple juice canned



2 family-sized tea bags



1.5 quarts water



1 cup sugar white

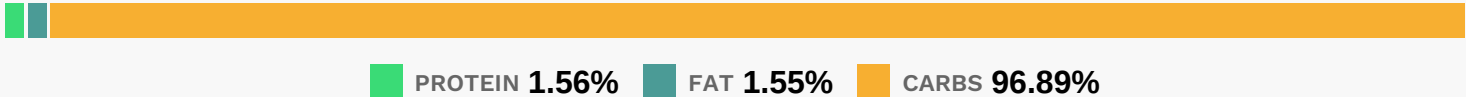
Equipment

☐ pot

Directions

- ☐ Steep tea bags in boiling water until the tea is of desired strength, 4 to 5 minutes.
- ☐ Remove and discard tea bags.
- ☐ Combine 1 1/2 cups water, cloves, and cinnamon together in a large pot; bring to a boil. Stir brewed tea, pineapple juice, sugar, orange juice concentrate, lemonade concentrate, and allspice into the boiling water to dissolve the sugar.
- ☐ Serve immediately or reduce heat to low and keep at a simmer until ready to serve.

Nutrition Facts



Properties

Glycemic Index:15.02, Glycemic Load:23.3, Inflammation Score:-4, Nutrition Score:6.0643478502398%

Nutrients (% of daily need)

Calories: 262.19kcal (13.11%), Fat: 0.47g (0.73%), Saturated Fat: 0.04g (0.24%), Carbohydrates: 66.86g (22.29%), Net Carbohydrates: 65.37g (23.77%), Sugar: 62.4g (69.33%), Cholesterol: 0mg (0%), Sodium: 17.01mg (0.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.08g (2.15%), Vitamin C: 50.3mg (60.97%), Vitamin B1: 0.14mg (9.46%), Potassium: 275.7mg (7.88%), Folate: 26.8µg (6.7%), Manganese: 0.13mg (6.52%), Copper: 0.13mg (6.25%), Vitamin B6: 0.12mg (6.18%), Fiber: 1.49g (5.95%), Magnesium: 23.58mg (5.89%), Vitamin B2: 0.07mg (4.02%), Calcium: 37.31mg (3.73%), Vitamin A: 139.32IU (2.79%), Vitamin B3: 0.52mg (2.59%), Phosphorus: 24mg (2.4%), Iron: 0.37mg (2.04%), Vitamin B5: 0.19mg (1.93%), Vitamin E: 0.22mg (1.47%), Zinc: 0.15mg (1.03%)