



## Holiday Cranberry Tea

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



195 kcal

BEVERAGE

DRINK

### Ingredients

- 1 cup firmly brown sugar packed
- 3 to 4 cinnamon sticks
- 48 ounce cranberry juice cocktail canned
- 1 cup pink lemonade kool-aid
- 1 cup orange juice
- 1 cup pineapple juice

### Equipment

- dutch oven

## Directions

- Combine all ingredients in a Dutch oven over low heat. Cook, stirring occasionally, 10 minutes or until sugar dissolves.
- Serve warm.

## Nutrition Facts

**PROTEIN 0.65%** **FAT 1.02%** **CARBS 98.33%**

## Properties

Glycemic Index:22.75, Glycemic Load:15.66, Inflammation Score:-3, Nutrition Score:6.2660869230395%

## Flavonoids

Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg Epicatechin: 1.35mg, Epicatechin: 1.35mg, Epicatechin: 1.35mg, Epicatechin: 1.35mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 2.96mg, Hesperetin: 2.96mg, Hesperetin: 2.96mg, Hesperetin: 2.96mg Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg Quercetin: 3.06mg, Quercetin: 3.06mg, Quercetin: 3.06mg, Quercetin: 3.06mg

## Nutrients (% of daily need)

Calories: 195.31kcal (9.77%), Fat: 0.23g (0.35%), Saturated Fat: 0.02g (0.15%), Carbohydrates: 49.41g (16.47%), Net Carbohydrates: 48.75g (17.73%), Sugar: 44.79g (49.76%), Cholesterol: 0mg (0%), Sodium: 11.2mg (0.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.33g (0.65%), Vitamin C: 72.36mg (87.71%), Manganese: 0.39mg (19.26%), Calcium: 38.66mg (3.87%), Potassium: 133.12mg (3.8%), Folate: 11.97µg (2.99%), Iron: 0.5mg (2.79%), Copper: 0.05mg (2.74%), Fiber: 0.65g (2.62%), Vitamin B1: 0.04mg (2.42%), Magnesium: 9.53mg (2.38%), Vitamin E: 0.34mg (2.26%), Vitamin B6: 0.04mg (2.21%), Vitamin K: 1.78µg (1.7%), Vitamin B5: 0.16mg (1.64%), Vitamin A: 64.76IU (1.3%), Vitamin B3: 0.24mg (1.2%)