



Holiday Tea Mix

 Vegetarian

READY IN



45 min.

SERVINGS



54

CALORIES



5 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 2 teaspoons ground cinnamon
- ☐ 1 teaspoon ground cloves
- ☐ 0.8 cup tea without lemon unsweetened instant
- ☐ 0.5 ounce powdered lemonade mix sugar-free
- ☐ 1.8 ounce orange drink mix sugar-free (such as Tang)

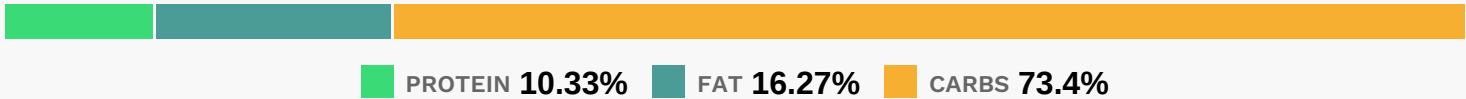
Equipment

- ☐ bowl

Directions

- ☐ Combine all ingredients in a large bowl; stir well. Store in an airtight container.
- ☐ To serve, spoon 2 teaspoons tea mix into each cup.
- ☐ Add 3/4 cup boiling water, and stir well.

Nutrition Facts



Properties

Glycemic Index:0.09, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:0.2830434801138%

Flavonoids

Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epicatechin 3–gallate: 0.19mg, Epicatechin 3–gallate: 0.19mg, Epicatechin 3–gallate: 0.19mg, Epicatechin 3–gallate: 0.19mg Epigallocatechin 3–gallate: 0.31mg, Epigallocatechin 3–gallate: 0.31mg, Epigallocatechin 3–gallate: 0.31mg, Epigallocatechin 3–gallate: 0.31mg Theaflavin: 0.05mg, Theaflavin: 0.05mg, Theaflavin: 0.05mg, Theaflavin: 0.05mg Thearubigins: 2.66mg, Thearubigins: 2.66mg, Thearubigins: 2.66mg, Thearubigins: 2.66mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg Theaflavin–3,3'–digallate: 0.06mg, Theaflavin–3,3'–digallate: 0.06mg, Theaflavin–3,3'–digallate: 0.06mg, Theaflavin–3,3'–digallate: 0.06mg Theaflavin–3'–gallate: 0.05mg, Theaflavin–3'–gallate: 0.05mg, Theaflavin–3'–gallate: 0.05mg, Theaflavin–3'–gallate: 0.05mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 5.25kcal (0.26%), Fat: 0.1g (0.15%), Saturated Fat: 0.05g (0.29%), Carbohydrates: 1g (0.33%), Net Carbohydrates: 0.94g (0.34%), Sugar: 0.68g (0.75%), Cholesterol: 0.23mg (0.08%), Sodium: 4.16mg (0.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.14g (0.28%), Manganese: 0.04mg (2.23%)