



Hot Russian Tea

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



10

CALORIES



272 kcal

BEVERAGE

DRINK

Ingredients

- 4 sticks cinnamon (2-inch)
- 0.3 cup tea powder unsweetened instant
- 12 ounce lemonade concentrate frozen undiluted canned
- 1 slices garnish: orange
- 24 ounce pineapple-orange-banana juice concentrate frozen undiluted canned
- 1 cup sugar
- 4 quarts water

Equipment

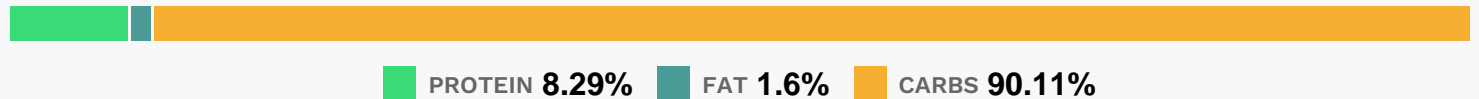
dutch oven

Directions

Bring 1 quart water, sugar, and cinnamon sticks to a boil in a large Dutch oven over medium-high heat, stirring until sugar dissolves. Stir in remaining 3 quarts water, frozen concentrates, and tea powder. Cook until thoroughly heated.

Serve immediately; garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:11.76, Glycemic Load:14.04, Inflammation Score:-7, Nutrition Score:10.339565207129%

Flavonoids

Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 272.15kcal (13.61%), Fat: 0.49g (0.76%), Saturated Fat: 0.05g (0.34%), Carbohydrates: 62.14g (20.71%), Net Carbohydrates: 60.58g (22.03%), Sugar: 55.47g (61.63%), Cholesterol: 0mg (0%), Sodium: 26.41mg (1.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.72g (11.44%), Vitamin C: 103.91mg (125.95%), Manganese: 0.28mg (14.14%), Folate: 55.28µg (13.82%), Vitamin A: 659.46IU (13.19%), Potassium: 461.43mg (13.18%), Vitamin B1: 0.2mg (13.03%), Iron: 1.8mg (10.01%), Vitamin B6: 0.19mg (9.34%), Magnesium: 30.96mg (7.74%), Vitamin B2: 0.12mg (7.29%), Fiber: 1.56g (6.24%), Copper: 0.11mg (5.6%), Calcium: 54.38mg (5.44%), Phosphorus: 44.98mg (4.5%), Vitamin B5: 0.43mg (4.29%), Vitamin B3: 0.8mg (4.01%), Vitamin E: 0.47mg (3.16%), Zinc: 0.19mg (1.26%)