



Hot Spiced Tea for the Holidays

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



86 kcal

BEVERAGE

DRINK

Ingredients

- 1 stick piece cinnamon (1 inch)
- 2 tablespoons juice of lemon
- 0.8 cup orange juice
- 0.3 cup pineapple juice
- 6 tea bags lipton® (such as)
- 6 cups water
- 0.5 cup sugar white

Equipment

sauce pan

pot

Directions

Pour water into a pot; add cloves and cinnamon stick. Bring water to a boil; remove from heat.

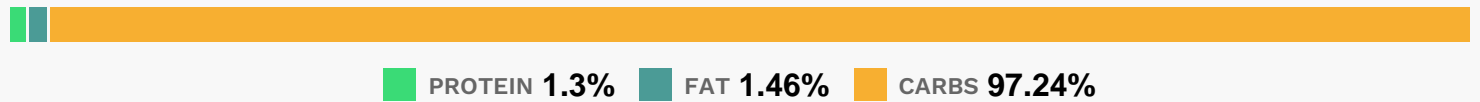
Add tea bags to water and set aside to steep until the tea is to your preferred strength, at least 5 minutes.

Remove and discard cloves, cinnamon stick, and tea bags.

Stir orange juice, sugar, pineapple juice, and lemon juice together in a saucepan; bring to a boil. Cook and stir the juice mixture until the sugar dissolves completely.

Pour juice mixture into the spiced tea; serve hot.

Nutrition Facts



Properties

Glycemic Index:28.85, Glycemic Load:13.86, Inflammation Score:-2, Nutrition Score:2.3486956468095%

Flavonoids

Eriodictyol: 0.3mg, Eriodictyol: 0.3mg, Eriodictyol: 0.3mg, Eriodictyol: 0.3mg Hesperetin: 4.43mg, Hesperetin: 4.43mg, Hesperetin: 4.43mg, Hesperetin: 4.43mg Naringenin: 0.73mg, Naringenin: 0.73mg, Naringenin: 0.73mg, Naringenin: 0.73mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 85.87kcal (4.29%), Fat: 0.15g (0.23%), Saturated Fat: 0.01g (0.08%), Carbohydrates: 21.9g (7.3%), Net Carbohydrates: 21.5g (7.82%), Sugar: 20.36g (22.62%), Cholesterol: 0mg (0%), Sodium: 12.61mg (0.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.29g (0.59%), Vitamin C: 18.44mg (22.35%), Manganese: 0.16mg (7.85%), Copper: 0.06mg (3.11%), Folate: 12.1µg (3.03%), Potassium: 82.78mg (2.37%), Vitamin B1: 0.03mg (2.33%), Magnesium: 7.61mg (1.9%), Calcium: 18.1mg (1.81%), Fiber: 0.41g (1.63%), Vitamin A: 64.51IU (1.29%), Vitamin B6: 0.03mg (1.27%)