



Hot Spiced Tea Mix

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



5 min.

SERVINGS



5

CALORIES



326 kcal

BEVERAGE

DRINK

Ingredients

- 1 tsp ground cinnamon
- 0.5 tsp ground cloves
- 1.5 cups country time starter half lemonade & half iced tea drink mix
- 0.5 cup sugar

Equipment

Directions

- Combine ingredients. Store in airtight container at room temperature.
- For 1 Serving
- Place 4-1/2 tsp. Hot Spiced Tea
- Mix in large mug or cup.
- Add 1-1/2 cups boiling water; stir until mix is dissolved.
- For 4 Servings
- Place 6 Tbsp. Hot Spiced Tea
- Mix in 1-1/2-qt. heatproof pitcher.
- Add 1-1/2 qt. (6 cups) boiling water; stir until mix is dissolved.
- For 16 Servings
- Place 1-1/2 cups Hot Spiced Tea
- Mix in 1-1/2-gal. (6 qt.) heatproof container.
- Add 1-1/2 gal. boiling water; stir until mix is dissolved.

Nutrition Facts

■ PROTEIN **0.04%**
■ FAT **2.06%**
■ CARBS **97.9%**

Properties

Glycemic Index:15.02, Glycemic Load:13.97, Inflammation Score:-6, Nutrition Score:4.3734781858714%

Nutrients (% of daily need)

Calories: 326.07kcal (16.3%), Fat: 0.78g (1.21%), Saturated Fat: 0.01g (0.06%), Carbohydrates: 84.07g (28.02%), Net Carbohydrates: 83.46g (30.35%), Sugar: 81.91g (91.01%), Cholesterol: 0mg (0%), Sodium: 34.19mg (1.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.03g (0.07%), Magnesium: 162.39mg (40.6%), Vitamin C: 26.11mg (31.65%), Manganese: 0.23mg (11.42%), Potassium: 100.92mg (2.88%), Fiber: 0.61g (2.44%), Calcium: 19.82mg (1.98%), Copper: 0.03mg (1.67%), Iron: 0.2mg (1.12%)