



Instant Spiced Tea Mix

 Vegetarian

READY IN



5 min.

SERVINGS



5

CALORIES



128 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 teaspoon ground cinnamon
- ☐ 0.5 teaspoon ground cloves
- ☐ 0.3 teaspoon ground ginger
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 1 cup lemonade-flavored iced tea (with country time)
- ☐ 1 cup breakfast drink mix (orange-flavored)

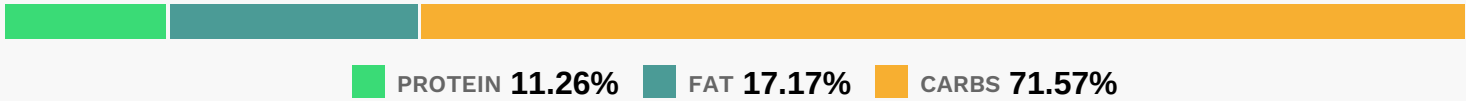
Equipment

- ☐ ziploc bags

Directions

- ☐ Combine all ingredients in a large zip-top plastic bag.
- ☐ To make 1 serving, place 2 heaping tablespoons spiced tea mix in a cup; add 1 cup boiling water, and stir gently.

Nutrition Facts



Properties

Glycemic Index:15, Glycemic Load:0.03, Inflammation Score:-1, Nutrition Score:4.6456520972045%

Nutrients (% of daily need)

Calories: 127.8kcal (6.39%), Fat: 2.45g (3.77%), Saturated Fat: 1.23g (7.68%), Carbohydrates: 22.99g (7.66%), Net Carbohydrates: 22.65g (8.24%), Sugar: 16.5g (18.33%), Cholesterol: 6mg (2%), Sodium: 103.78mg (4.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.62g (7.23%), Manganese: 0.36mg (18.05%), Vitamin B2: 0.23mg (13.58%), Phosphorus: 90.82mg (9.08%), Vitamin B1: 0.13mg (8.47%), Calcium: 81.49mg (8.15%), Vitamin B3: 1.33mg (6.65%), Magnesium: 24.88mg (6.22%), Selenium: 4.18µg (5.98%), Potassium: 199.65mg (5.7%), Vitamin B6: 0.1mg (5.24%), Vitamin B12: 0.2µg (3.33%), Folate: 11.66µg (2.92%), Copper: 0.06mg (2.8%), Zinc: 0.27mg (1.8%), Vitamin K: 1.76µg (1.68%), Vitamin B5: 0.16mg (1.59%), Iron: 0.25mg (1.42%), Fiber: 0.34g (1.36%), Vitamin A: 57.63IU (1.15%)