



Mulled Cranberry Tea



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



706 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 4 to 6 cinnamon sticks 5-inch
- ☐ 3 servings garnish: cranberries whole
- ☐ 32 ounce 1/4 cup dried cranberry (juice sweetened if possible)
- ☐ 0.3 cup juice of lemon
- ☐ 1 cup orange juice
- ☐ 2 cups sugar
- ☐ 2 quarts water

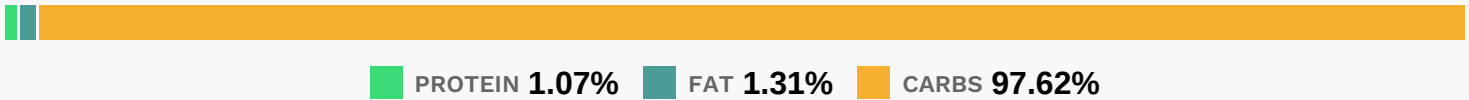
Equipment

- ☐ sauce pan
- ☐ cheesecloth

Directions

- ☐ Place cinnamon sticks and 1 tablespoon cloves in a 4-inch square of cheesecloth; tie with string.
- ☐ Bring spice bag and next 4 ingredients to a boil in a large saucepan. Reduce heat; simmer 10 minutes.
- ☐ Remove and discard spice bag; stir in orange juice.
- ☐ Garnish, if desired.
- ☐ Serve hot or cold.

Nutrition Facts



Properties

Glycemic Index:76.03, Glycemic Load:118.06, Inflammation Score:-5, Nutrition Score:13.106956601143%

Flavonoids

Cyanidin: 0.46mg, Cyanidin: 0.46mg, Cyanidin: 0.46mg, Cyanidin: 0.46mg Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg Peonidin: 0.49mg, Peonidin: 0.49mg, Peonidin: 0.49mg, Peonidin: 0.49mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Eriodictyol: 1.13mg, Eriodictyol: 1.13mg, Eriodictyol: 1.13mg, Eriodictyol: 1.13mg Hesperetin: 12.82mg, Hesperetin: 12.82mg, Hesperetin: 12.82mg, Hesperetin: 12.82mg Naringenin: 2.05mg, Naringenin: 2.05mg, Naringenin: 2.05mg, Naringenin: 2.05mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

Nutrients (% of daily need)

Calories: 706.09kcal (35.3%), Fat: 1.09g (1.68%), Saturated Fat: 0.07g (0.46%), Carbohydrates: 183.57g (61.19%), Net Carbohydrates: 180.53g (65.65%), Sugar: 177.26g (196.95%), Cholesterol: 0mg (0%), Sodium: 40.44mg (1.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.02g (4.04%), Vitamin C: 77.64mg (94.11%), Manganese: 0.84mg (41.9%), Vitamin E: 3.81mg (25.43%), Copper: 0.33mg (16.63%), Vitamin K: 17.01µg (16.2%), Potassium: 442.7mg (12.65%), Fiber: 3.04g (12.17%), Vitamin B6: 0.21mg (10.38%), Calcium: 101.61mg (10.16%), Magnesium: 37.63mg (9.41%), Folate: 32.18µg (8.05%), Iron: 1.39mg (7.75%), Vitamin B1: 0.11mg (7.18%), Vitamin B2: 0.11mg

(6.45%), Vitamin A: 317IU (6.34%), Phosphorus: 58.09mg (5.81%), Vitamin B3: 0.69mg (3.44%), Zinc: 0.52mg (3.44%), Vitamin B5: 0.2mg (2.03%), Selenium: 1.35µg (1.93%)