

Orange Spiced Tea



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



15 min.

SERVINGS



6

CALORIES



109 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 2 sticks cinnamon (3 1/2-inch)
- ☐ 1 slices garnish: orange
- ☐ 0.3 cup orange liqueur
- ☐ 1 strip orange rind (10-inch)
- ☐ 0.5 cup sugar
- ☐ 6 regular-size orange tea bags wild sweet (such as Tazo)
- ☐ 6 cups water boiling

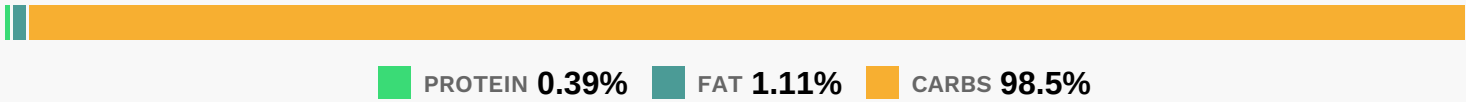
Equipment

☐ sauce pan

Directions

- ☐ Heat cinnamon sticks and whole cloves in a large saucepan over medium heat, stirring occasionally, 3 minutes or until fragrant. Stir in boiling water.
- ☐ Add tea bags and orange rind strip; cover and steep 5 minutes. Discard solids. Stir in sugar until dissolved; if desired, add orange liqueur.
- ☐ Pour into 6 mugs.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:19.6, Glycemic Load:11.74, Inflammation Score:-1, Nutrition Score:1.0769564966145%

Flavonoids

Hesperetin: 0.64mg, Hesperetin: 0.64mg, Hesperetin: 0.64mg, Hesperetin: 0.64mg Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 108.85kcal (5.44%), Fat: 0.11g (0.17%), Saturated Fat: 0.02g (0.11%), Carbohydrates: 22.12g (7.37%), Net Carbohydrates: 21.41g (7.79%), Sugar: 21.1g (23.44%), Cholesterol: 0mg (0%), Sodium: 13.17mg (0.57%), Alcohol: 3.41g (100%), Alcohol %: 1.58% (100%), Caffeine: 3.41mg (1.14%), Protein: 0.09g (0.17%), Manganese: 0.21mg (10.36%), Fiber: 0.71g (2.84%), Copper: 0.05mg (2.48%), Vitamin C: 1.74mg (2.11%), Calcium: 20.56mg (2.06%)