



## Orange Tea Cooler

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



20

CALORIES



91 kcal

BEVERAGE

DRINK

## Ingredients

- 2 sticks cinnamon (2 1/2-inch)
- 1.3 cups cranberry juice cocktail chilled
- 2.5 cups orange juice
- 1.8 cups sugar
- 2 ginger tea bags
- 1 quart water boiling
- 2 cups water

## Equipment

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## Directions

- Combine first 4 ingredients; stir in 1 quart boiling water. Cover and steep 5 minutes.
- Pour mixture through a fine wire-mesh strainer into a large pitcher, discarding tea bags and spices. Stir in orange juice, 2 cups water, and cranberry juice. Chill.
- Serve over ice, if desired.

## Nutrition Facts

 PROTEIN **0.97%**  FAT **1.32%**  CARBS **97.71%**

## Properties

Glycemic Index:9.35, Glycemic Load:15.23, Inflammation Score:-2, Nutrition Score:2.0969565517229%

## Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg

## Nutrients (% of daily need)

Calories: 91.3kcal (4.56%), Fat: 0.14g (0.21%), Saturated Fat: 0.01g (0.06%), Carbohydrates: 23.21g (7.74%), Net Carbohydrates: 22.97g (8.35%), Sugar: 22.08g (24.54%), Cholesterol: 0mg (0%), Sodium: 4.41mg (0.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.23g (0.46%), Vitamin C: 22.65mg (27.45%), Manganese: 0.07mg (3.71%), Folate: 9.32µg (2.33%), Potassium: 66.22mg (1.89%), Vitamin B1: 0.03mg (1.87%), Copper: 0.03mg (1.45%), Vitamin A: 64.38IU (1.29%), Magnesium: 4.5mg (1.12%)