

Russian Tea II

 Vegetarian

READY IN



5 min.

SERVINGS



5

CALORIES



370 kcal

BEVERAGE

DRINK

Ingredients

- 1 teaspoon ground cinnamon
- 0.5 teaspoon ground cloves
- 2 cups drink mix orange-flavored
- 2 cups freshly tea dry with lemon-flavoring mix instant
- 1 cup sugar white

Equipment

- bowl

Directions

In a bowl, mix together tea, orange-flavored drink mix, sugar, cinnamon and cloves. To serve place 2 tablespoons mix in a cup and fill with 8 ounces hot water.

Nutrition Facts



PROTEIN 7.6% **FAT 11.72%** **CARBS 80.68%**

Properties

Glycemic Index:15.02, Glycemic Load:27.93, Inflammation Score:-6, Nutrition Score:8.8221739997034%

Flavonoids

Catechin: 1.43mg, Catechin: 1.43mg, Catechin: 1.43mg, Catechin: 1.43mg Epigallocatechin: 7.6mg, Epigallocatechin: 7.6mg, Epigallocatechin: 7.6mg, Epigallocatechin: 7.6mg Epicatechin: 2.01mg, Epicatechin: 2.01mg, Epicatechin: 2.01mg, Epicatechin: 2.01mg Epicatechin 3-gallate: 5.53mg, Epicatechin 3-gallate: 5.53mg, Epicatechin 3-gallate: 5.53mg, Epicatechin 3-gallate: 5.53mg Epigallocatechin 3-gallate: 8.84mg, Epigallocatechin 3-gallate: 8.84mg, Epigallocatechin 3-gallate: 8.84mg, Epigallocatechin 3-gallate: 8.84mg Theaflavin: 1.49mg, Theaflavin: 1.49mg, Theaflavin: 1.49mg, Theaflavin: 1.49mg Thearubigins: 76.75mg, Thearubigins: 76.75mg, Thearubigins: 76.75mg, Thearubigins: 76.75mg Kaempferol: 1.33mg, Kaempferol: 1.33mg, Kaempferol: 1.33mg, Kaempferol: 1.33mg Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg Quercetin: 2.07mg, Quercetin: 2.07mg, Quercetin: 2.07mg, Quercetin: 2.07mg Theaflavin-3,3'-digallate: 1.65mg, Theaflavin-3,3'-digallate: 1.65mg, Theaflavin-3,3'-digallate: 1.65mg, Theaflavin-3,3'-digallate: 1.65mg Theaflavin-3'-gallate: 1.43mg, Theaflavin-3'-gallate: 1.43mg, Theaflavin-3'-gallate: 1.43mg, Theaflavin-3'-gallate: 1.43mg Gallocatechin: 1.18mg, Gallocatechin: 1.18mg, Gallocatechin: 1.18mg, Gallocatechin: 1.18mg

Nutrients (% of daily need)

Calories: 370.48kcal (18.52%), Fat: 4.92g (7.57%), Saturated Fat: 2.39g (14.95%), Carbohydrates: 76.18g (25.39%), Net Carbohydrates: 75.85g (27.58%), Sugar: 63.74g (70.83%), Cholesterol: 12mg (4%), Sodium: 206.33mg (8.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 18.88mg (6.29%), Protein: 7.17g (14.35%), Vitamin B2: 0.48mg (28.32%), Manganese: 0.52mg (25.85%), Phosphorus: 180.41mg (18.04%), Vitamin B1: 0.25mg (16.86%), Calcium: 154.67mg (15.47%), Vitamin B3: 2.63mg (13.16%), Magnesium: 50.09mg (12.52%), Selenium: 8.47µg (12.1%), Potassium: 418.49mg (11.96%), Vitamin B6: 0.21mg (10.32%), Folate: 27.79µg (6.95%), Vitamin B12: 0.4µg (6.67%), Copper: 0.11mg (5.72%), Zinc: 0.53mg (3.53%), Vitamin B5: 0.32mg (3.25%), Vitamin K: 3.11µg (2.96%), Iron: 0.45mg (2.48%), Vitamin A: 113.5IU (2.27%), Vitamin C: 1.47mg (1.78%), Vitamin E: 0.21mg (1.38%), Fiber: 0.33g (1.32%)