

Russian Tea Mix

 Vegetarian

READY IN



10 min.

SERVINGS



5

CALORIES



636 kcal

BEVERAGE

DRINK

Ingredients

- 1 cup tea powder instant
- 2 teaspoons ground cinnamon
- 0.5 teaspoon ground cloves
- 3 ounce lemonade powder unsweetened
- 2 cups orange drink mix instant
- 2 cups splenda® no calorie sweetener

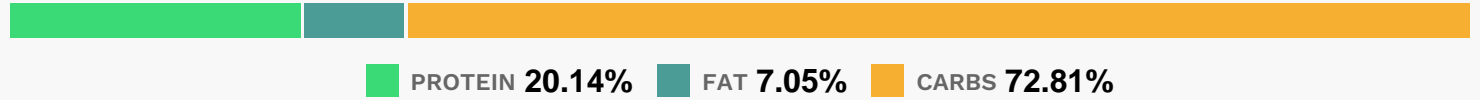
Equipment

- bowl

Directions

- In a large bowl, combine instant tea powder, orange drink mix, lemonade powder, SLENDA® Granulated Sweetener, cinnamon and cloves.
- Mix thoroughly. Store in a sealed jar.
- To use, mix 3 to 4 teaspoons of mix with 1 cup hot or cold water. Adjust to taste.

Nutrition Facts



Properties

Glycemic Index:23.9, Glycemic Load:37.88, Inflammation Score:-9, Nutrition Score:12.477826118469%

Nutrients (% of daily need)

Calories: 635.9kcal (31.8%), Fat: 4.8g (7.38%), Saturated Fat: 2.39g (14.95%), Carbohydrates: 111.5g (37.17%), Net Carbohydrates: 110.96g (40.35%), Sugar: 90.08g (100.09%), Cholesterol: 12mg (4%), Sodium: 204.21mg (8.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.85g (61.7%), Iron: 8.96mg (49.76%), Vitamin A: 2480.56IU (49.61%), Vitamin B2: 0.46mg (27.1%), Manganese: 0.38mg (18.92%), Phosphorus: 179.72mg (17.97%), Vitamin B1: 0.25mg (16.87%), Calcium: 158.28mg (15.83%), Vitamin B3: 2.64mg (13.18%), Magnesium: 47.5mg (11.87%), Selenium: 8.24µg (11.77%), Potassium: 387.69mg (11.08%), Vitamin B6: 0.21mg (10.35%), Vitamin B12: 0.4µg (6.67%), Folate: 23.1µg (5.77%), Copper: 0.1mg (5.17%), Zinc: 0.51mg (3.43%), Vitamin B5: 0.32mg (3.16%), Vitamin K: 3.23µg (3.08%), Fiber: 0.54g (2.17%), Vitamin C: 1.48mg (1.79%), Vitamin E: 0.22mg (1.44%)