



Russian Tea Mix

 Vegetarian

READY IN



10 min.

SERVINGS



10

CALORIES



111 kcal

BEVERAGE

DRINK

Ingredients

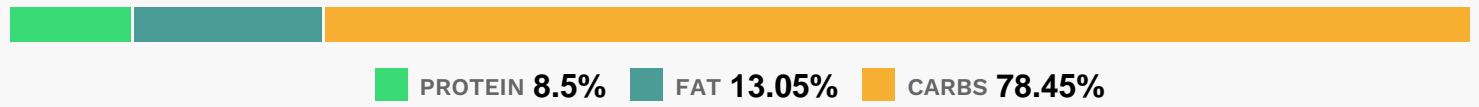
- 1 tsp ground cinnamon
- 0.5 tsp ground cloves
- 1.3 cup tang orange flavor drink mix
- 0.5 cup sugar
- 0.3 cup freshly tea unsweetened 100% instant (tea)

Equipment

Directions

- Mix ingredients. Store in tightly covered jar at room temperature.
- Place 1 Tbsp. mix in large cup or mug.
- Add 3/4 cup boiling water; stir until mix is dissolved.

Nutrition Facts



Properties

Glycemic Index:7.51, Glycemic Load:6.98, Inflammation Score:-1, Nutrition Score:2.9113043702167%

Flavonoids

Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.63mg, Epigallocatechin: 0.63mg, Epigallocatechin: 0.63mg, Epigallocatechin: 0.63mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Epicatechin 3-gallate: 0.46mg, Epicatechin 3-gallate: 0.46mg, Epicatechin 3-gallate: 0.46mg, Epicatechin 3-gallate: 0.46mg Epigallocatechin 3-gallate: 0.74mg, Epigallocatechin 3-gallate: 0.74mg, Epigallocatechin 3-gallate: 0.74mg, Epigallocatechin 3-gallate: 0.74mg Theaflavin: 0.12mg, Theaflavin: 0.12mg, Theaflavin: 0.12mg, Theaflavin: 0.12mg Thearubigins: 6.4mg, Thearubigins: 6.4mg, Thearubigins: 6.4mg, Thearubigins: 6.4mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg Theaflavin-3,3'-digallate: 0.14mg, Theaflavin-3,3'-digallate: 0.14mg, Theaflavin-3,3'-digallate: 0.14mg, Theaflavin-3,3'-digallate: 0.14mg Theaflavin-3'-gallate: 0.12mg, Theaflavin-3'-gallate: 0.12mg, Theaflavin-3'-gallate: 0.12mg, Theaflavin-3'-gallate: 0.12mg Gallocatechin: 0.1mg, Gallocatechin: 0.1mg, Gallocatechin: 0.1mg, Gallocatechin: 0.1mg

Nutrients (% of daily need)

Calories: 110.84kcal (5.54%), Fat: 1.64g (2.52%), Saturated Fat: 0.8g (4.99%), Carbohydrates: 22.13g (7.38%), Net Carbohydrates: 21.94g (7.98%), Sugar: 17.92g (19.92%), Cholesterol: 4mg (1.33%), Sodium: 68.15mg (2.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.4g (4.8%), Vitamin B2: 0.16mg (9.22%), Manganese: 0.17mg (8.28%), Phosphorus: 60.02mg (6%), Vitamin B1: 0.08mg (5.63%), Calcium: 53.04mg (5.3%), Vitamin B3: 0.88mg (4.4%), Magnesium: 16.16mg (4.04%), Selenium: 2.81µg (4.01%), Potassium: 131.64mg (3.76%), Vitamin B6: 0.07mg (3.46%), Vitamin B12: 0.13µg (2.22%), Folate: 8.1µg (2.03%), Copper: 0.04mg (1.8%), Zinc: 0.17mg (1.17%), Vitamin K: 1.13µg (1.08%), Vitamin B5: 0.11mg (1.06%)