



Sparkling Raspberry Tea



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



6

CALORIES



40 kcal

BEVERAGE

DRINK

Ingredients

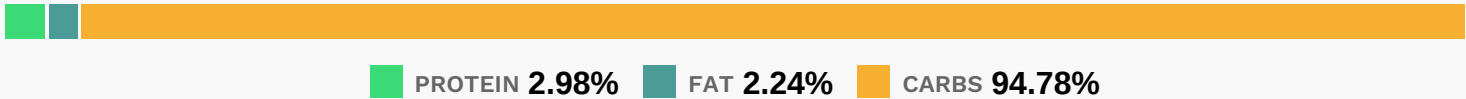
- ☐ 2 cups freshly tea cold brewed
- ☐ 2 cups 1/4 cup dried cranberry (juice sweetened if possible) chilled
- ☐ 2 cups seltzer water chilled
- ☐ 1 slices raspberries
- ☐ 1 leaves mint leaves fresh

Equipment

Directions

- ☐ In large pitcher, mix tea, juice and sparking water.
- ☐ Serve tea over ice.
- ☐ Garnish with raspberries and mint leaves.

Nutrition Facts



Properties

Glycemic Index:13.67, Glycemic Load:5.72, Inflammation Score:-4, Nutrition Score:2.1256522079525%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Catechin: 1.19mg, Catechin: 1.19mg, Catechin: 1.19mg, Catechin: 1.19mg Epigallocatechin: 6.33mg, Epigallocatechin: 6.33mg, Epigallocatechin: 6.33mg, Epigallocatechin: 6.33mg Epicatechin: 1.68mg, Epicatechin: 1.68mg, Epicatechin: 1.68mg, Epicatechin: 1.68mg Epicatechin 3-gallate: 4.61mg, Epicatechin 3-gallate: 4.61mg, Epicatechin 3-gallate: 4.61mg, Epicatechin 3-gallate: 4.61mg Epigallocatechin 3-gallate: 7.36mg, Epigallocatechin 3-gallate: 7.36mg, Epigallocatechin 3-gallate: 7.36mg, Epigallocatechin 3-gallate: 7.36mg Theaflavin: 1.24mg, Theaflavin: 1.24mg, Theaflavin: 1.24mg, Theaflavin: 1.24mg Thearubigins: 63.96mg, Thearubigins: 63.96mg, Thearubigins: 63.96mg, Thearubigins: 63.96mg Kaempferol: 1.11mg, Kaempferol: 1.11mg, Kaempferol: 1.11mg, Kaempferol: 1.11mg Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg Quercetin: 1.72mg, Quercetin: 1.72mg, Quercetin: 1.72mg, Quercetin: 1.72mg Theaflavin-3,3'-digallate: 1.38mg, Theaflavin-3,3'-digallate: 1.38mg, Theaflavin-3,3'-digallate: 1.38mg, Theaflavin-3,3'-digallate: 1.38mg Theaflavin-3'-gallate: 1.19mg, Theaflavin-3'-gallate: 1.19mg, Theaflavin-3'-gallate: 1.19mg, Theaflavin-3'-gallate: 1.19mg Gallocatechin: 0.98mg, Gallocatechin: 0.98mg, Gallocatechin: 0.98mg, Gallocatechin: 0.98mg

Nutrients (% of daily need)

Calories: 39.67kcal (1.98%), Fat: 0.11g (0.17%), Saturated Fat: 0.01g (0.06%), Carbohydrates: 10.55g (3.52%), Net Carbohydrates: 10.45g (3.8%), Sugar: 10.21g (11.35%), Cholesterol: 0mg (0%), Sodium: 20.61mg (0.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 15.73mg (5.24%), Protein: 0.33g (0.66%), Vitamin C: 7.89mg (9.56%), Manganese: 0.17mg (8.71%), Vitamin E: 1.01mg (6.76%), Vitamin K: 4.31µg (4.11%), Copper: 0.06mg (2.96%), Potassium: 95.92mg (2.74%), Vitamin B6: 0.04mg (2.2%), Magnesium: 8.25mg (2.06%), Vitamin B2: 0.03mg (1.55%), Iron: 0.24mg (1.31%), Folate: 4.82µg (1.21%), Zinc: 0.18mg (1.2%), Phosphorus: 11.8mg (1.18%), Calcium: 10.75mg (1.08%)