



Spiced-Apple Iced Tea



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



91 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 4 cups apple juice
- ☐ 3 ginger tea bags
- ☐ 1 cinnamon sticks
- ☐ 1 piece ginger fresh peeled cut into fourths)
- ☐ 0.3 cup honey
- ☐ 1 large strips orange zest
- ☐ 2 ginger tea bags
- ☐ 4 cups water boiling

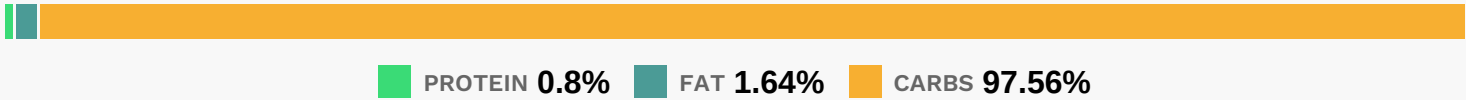
Equipment

☐ bowl

Directions

- ☐ In a large bowl, combine black-tea bags, apple-spice tea bags, orange zest, ginger, cinnamon stick, cloves and honey.
- ☐ Pour boiling water over mixture, stirring until honey dissolves.
- ☐ Let stand for 20 minutes.
- ☐ Add apple juice and chill for at least 4 hours. Strain into pitcher and serve over ice.

Nutrition Facts



Properties

Glycemic Index:14.13, Glycemic Load:10.19, Inflammation Score:-1, Nutrition Score:1.3973913223523%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 1.55mg, Catechin: 1.55mg, Catechin: 1.55mg, Catechin: 1.55mg Epicatechin: 5.84mg, Epicatechin: 5.84mg, Epicatechin: 5.84mg, Epicatechin: 5.84mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg

Nutrients (% of daily need)

Calories: 91.15kcal (4.56%), Fat: 0.17g (0.27%), Saturated Fat: 0.03g (0.19%), Carbohydrates: 23.28g (7.76%), Net Carbohydrates: 22.75g (8.27%), Sugar: 20.65g (22.95%), Cholesterol: 0mg (0%), Sodium: 11.46mg (0.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.19g (0.38%), Manganese: 0.18mg (8.93%), Potassium: 136.53mg (3.9%), Fiber: 0.53g (2.13%), Magnesium: 8.26mg (2.07%), Copper: 0.04mg (2.06%), Calcium: 18.83mg (1.88%), Vitamin B1: 0.03mg (1.77%), Vitamin C: 1.4mg (1.7%), Vitamin B2: 0.03mg (1.51%), Vitamin B6: 0.03mg (1.36%), Iron: 0.24mg (1.31%)