



Springtime Citrus Cooler



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



10 min.

SERVINGS



4

CALORIES



50 kcal

BEVERAGE

DRINK

Ingredients



1 medium cranberry-orange relish thinly sliced



1 teaspoon rosewater



1 earl grey tea bag



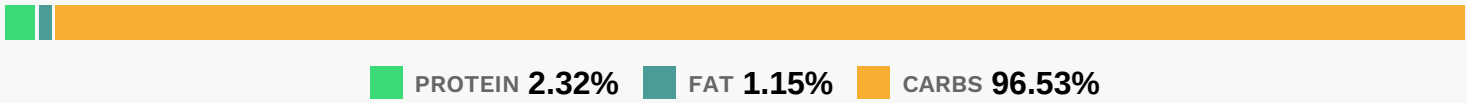
3 tablespoons sugar white

Equipment

Directions

- ☐
- Prepare a strong cup of tea with the Earl Grey, letting the bag steep for 5 minutes.
- ☐
- Place the orange slices, sugar, rose water, and tea into a 1/2 gallon pitcher. Fill with cold water, and stir to dissolve the sugar.

Nutrition Facts



Properties

Glycemic Index:28.15, Glycemic Load:7.59, Inflammation Score:-2, Nutrition Score:1.7308696113203%

Flavonoids

Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg
Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epicatechin 3–gallate:
0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg
Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg,
Epigallocatechin 3–gallate: 0.02mg Thearubigins: 0.2mg, Thearubigins: 0.2mg, Thearubigins: 0.2mg, Thearubigins:
0.2mg Hesperetin: 8.92mg, Hesperetin: 8.92mg, Hesperetin: 8.92mg, Hesperetin: 8.92mg Naringenin: 5.02mg,
Naringenin: 5.02mg, Naringenin: 5.02mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg,
Luteolin: 0.06mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin:
0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.15mg, Quercetin: 0.15mg,
Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 50.04kcal (2.5%), Fat: 0.07g (0.1%), Saturated Fat: 0g (0.03%), Carbohydrates: 12.83g (4.28%), Net
Carbohydrates: 12.04g (4.38%), Sugar: 12.04g (13.38%), Cholesterol: 0mg (0%), Sodium: 0.1mg (0%), Alcohol: 0g
(100%), Alcohol %: 0% (100%), Protein: 0.31g (0.62%), Vitamin C: 17.42mg (21.12%), Fiber: 0.79g (3.14%), Folate:
9.84µg (2.46%), Vitamin B1: 0.03mg (1.9%), Potassium: 59.55mg (1.7%), Vitamin A: 73.69IU (1.47%), Calcium: 13.19mg
(1.32%)