

Sugar and Spice Green Tea



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



63 kcal

BEVERAGE

DRINK

Ingredients

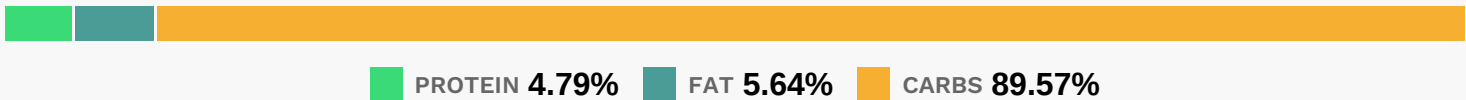
- ☐ 4 cups water boiling
- ☐ 4 tea bags green
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 6 cloves oz. bacon into pieces whole
- ☐ 0.3 cup sugar
- ☐ 0.3 cup orange juice
- ☐ 2 tablespoons juice of lemon
- ☐ 2 slices orange sections cut in half

Equipment

Directions

- ☐ Pour boiling water over tea bags in heatproof container.
- ☐ Add cinnamon and cloves. Cover and let steep 3 to 5 minutes.
- ☐ Remove tea bags; strain tea to remove cloves. Stir sugar, orange juice and lemon juice into tea.
- ☐ Serve hot with orange slice half in each cup.

Nutrition Facts



Properties

Glycemic Index:42.4, Glycemic Load:9.57, Inflammation Score:-1, Nutrition Score:1.1799999878782%

Flavonoids

Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg Hesperetin: 3.07mg, Hesperetin: 3.07mg, Hesperetin: 3.07mg, Hesperetin: 3.07mg Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 62.65kcal (3.13%), Fat: 0.41g (0.63%), Saturated Fat: 0.22g (1.39%), Carbohydrates: 14.74g (4.91%), Net Carbohydrates: 14.61g (5.31%), Sugar: 14.02g (15.57%), Cholesterol: 2.14mg (0.71%), Sodium: 57.2mg (2.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.79g (1.58%), Vitamin C: 10.92mg (13.24%), Copper: 0.05mg (2.37%), Folate: 6.31µg (1.58%), Manganese: 0.03mg (1.28%), Magnesium: 4.65mg (1.16%), Potassium: 40.42mg (1.15%), Vitamin B1: 0.02mg (1.08%), Calcium: 10.83mg (1.08%)