



Sugar-Free Russian Tea

READY IN



5 min.

SERVINGS



1

CALORIES



479 kcal

BEVERAGE

DRINK

Ingredients

- 4.5 teaspoons liquid malt extract sugar-free
- 3.5 teaspoons powdered lemonade mix light
- 1 teaspoons sugar substitute
- 1 teaspoon ground cinnamon
- 0.5 teaspoon ground cloves

Equipment

Directions

Combine all ingredients; mix well. Store in an airtight container. To prepare one serving, add 1/4 teaspoon of mix to 3/4 cup of hot water; stir well.

Nutrition Facts



PROTEIN 11.24% **FAT 17.29%** **CARBS 71.47%**

Properties

Glycemic Index:55, Glycemic Load:0.26, Inflammation Score:-6, Nutrition Score:18.063912992892%

Nutrients (% of daily need)

Calories: 479.03kcal (23.95%), Fat: 9.33g (14.36%), Saturated Fat: 4.55g (28.42%), Carbohydrates: 86.79g (28.93%), Net Carbohydrates: 85.23g (30.99%), Sugar: 61.81g (68.67%), Cholesterol: 22.68mg (7.56%), Sodium: 394.49mg (17.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.64g (27.29%), Manganese: 1.18mg (58.87%), Vitamin B2: 0.87mg (51.32%), Phosphorus: 341.32mg (34.13%), Magnesium: 134.29mg (33.57%), Vitamin B1: 0.48mg (32.12%), Calcium: 311.42mg (31.14%), Vitamin B3: 5.02mg (25.11%), Selenium: 15.74µg (22.48%), Potassium: 760.51mg (21.73%), Vitamin B6: 0.4mg (19.95%), Vitamin B12: 0.76µg (12.6%), Vitamin C: 9.7mg (11.76%), Folate: 44.88µg (11.22%), Copper: 0.21mg (10.36%), Vitamin K: 7.14µg (6.8%), Zinc: 1.01mg (6.75%), Fiber: 1.56g (6.26%), Vitamin B5: 0.61mg (6.12%), Iron: 0.98mg (5.44%), Vitamin A: 220.73IU (4.41%), Vitamin E: 0.5mg (3.33%)