

Sugar 'n Spice Green Tea



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



65 kcal

BEVERAGE

DRINK

Ingredients

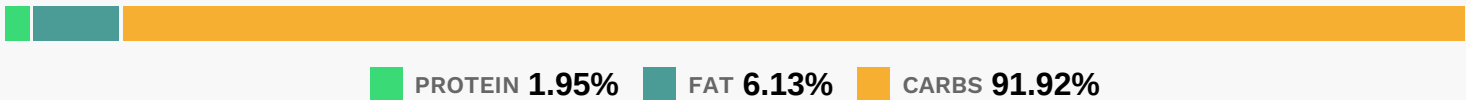
- ☐ 6 cloves reese's pieces peanut butter pastel eggs whole
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 2 tablespoons juice of lemon
- ☐ 2 slices orange sections cut in half
- ☐ 0.3 cup orange juice
- ☐ 0.3 cup sugar
- ☐ 4 tea bags green
- ☐ 4 cups water boiling

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:55.4, Glycemic Load:10.01, Inflammation Score:-1, Nutrition Score:1.3460869419024%

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: 64.75kcal (3.24%), Fat: 0.46g (0.71%), Saturated Fat: 0.25g (1.58%), Carbohydrates: 15.64g (5.21%), Net Carbohydrates: 15.46g (5.62%), Sugar: 14.81g (16.46%), Cholesterol: 0mg (0%), Sodium: 15.11mg (0.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.33g (0.66%), Vitamin C: 10.92mg (13.24%), Copper: 0.05mg (2.68%), Manganese: 0.04mg (2.1%), Folate: 7.13µg (1.78%), Magnesium: 5.97mg (1.49%), Potassium: 45.8mg (1.31%), Vitamin B1: 0.02mg (1.26%), Calcium: 11.87mg (1.19%)