



Tangy Cranberry Tea



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



47 kcal

BEVERAGE

DRINK

Ingredients



1 cup cranberries fresh



2 strips strips orange rind



3 tablespoons sugar



2 teaspoons orange pekoe tea



4.3 cups water

Equipment



sauce pan



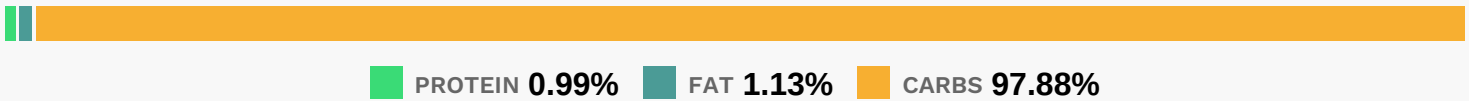
sieve

 measuring cup

Directions

-  Combine cranberries, sugar, orange pekoe tea, and orange rind strips in a heavy nonreactive saucepan. Cover with water; bring to a simmer. Simmer 10 minutes.
-  Remove from heat; cover and let stand 10 minutes. Strain mixture through a sieve over a liquid measuring cup; discard solids.

Nutrition Facts



Properties

Glycemic Index:28.77, Glycemic Load:7.23, Inflammation Score:-1, Nutrition Score:1.1526086968572%

Flavonoids

Cyanidin: 11.61mg, Cyanidin: 11.61mg, Cyanidin: 11.61mg, Cyanidin: 11.61mg Delphinidin: 1.92mg, Delphinidin: 1.92mg, Delphinidin: 1.92mg, Delphinidin: 1.92mg Malvidin: 0.11mg, Malvidin: 0.11mg, Malvidin: 0.11mg, Malvidin: 0.11mg Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg Peonidin: 12.29mg, Peonidin: 12.29mg, Peonidin: 12.29mg, Peonidin: 12.29mg Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg Epicatechin: 1.14mg, Epicatechin: 1.14mg, Epicatechin: 1.14mg, Epicatechin: 1.14mg Epicatechin 3–gallate: 0.14mg, Epicatechin 3–gallate: 0.14mg, Epicatechin 3–gallate: 0.14mg, Epicatechin 3–gallate: 0.14mg Epigallocatechin 3–gallate: 0.47mg, Epigallocatechin 3–gallate: 0.47mg, Epigallocatechin 3–gallate: 0.47mg, Epigallocatechin 3–gallate: 0.47mg Theaflavin: 0.04mg, Theaflavin: 0.04mg, Theaflavin: 0.04mg, Theaflavin: 0.04mg Thearubigins: 2mg, Thearubigins: 2mg, Thearubigins: 2mg, Thearubigins: 2mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 1.67mg, Myricetin: 1.67mg, Myricetin: 1.67mg, Myricetin: 1.67mg Quercetin: 3.76mg, Quercetin: 3.76mg, Quercetin: 3.76mg, Quercetin: 3.76mg Theaflavin–3,3'–digallate: 0.04mg, Theaflavin–3,3'–digallate: 0.04mg, Theaflavin–3,3'–digallate: 0.04mg, Theaflavin–3,3'–digallate: 0.04mg Theaflavin–3'–gallate: 0.04mg, Theaflavin–3'–gallate: 0.04mg, Theaflavin–3'–gallate: 0.04mg, Theaflavin–3'–gallate: 0.04mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 46.66kcal (2.33%), Fat: 0.06g (0.1%), Saturated Fat: 0g (0.01%), Carbohydrates: 12.1g (4.03%), Net Carbohydrates: 11.14g (4.05%), Sugar: 10.05g (11.17%), Cholesterol: 0mg (0%), Sodium: 13.25mg (0.58%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 0.12g (0.25%), Vitamin C: 4.18mg (5.07%), Manganese: 0.1mg (4.79%), Fiber: 0.95g (3.81%), Copper: 0.06mg (2.78%), Vitamin E: 0.33mg (2.21%), Vitamin K: 1.25µg (1.19%), Magnesium: 4.2mg (1.05%), Calcium: 10.44mg (1.04%)