



Tipsy Tea with Homemade Sweet Tea

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



1

CALORIES



163 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cranberry-orange relish
- 6 ounces freshly tea sweet chilled
- 2 ounces vodka orange-flavored chilled

Equipment

Directions

- Add the vodka and tea to a tall glass filled with ice; stir well.

Garnish, if desired.

From *Porch Parties: Cocktail Recipes and Easy Ideas for Outdoor Entertaining* by Denise Gee. Text copyright © 2009 by Denise Gee; photographs copyright © 2009 by Robert M. Peacock. Published by Chronicle Books LLC.

Nutrition Facts

PROTEIN 6.82% FAT 1.96% CARBS 91.22%

Properties

Glycemic Index:57.5, Glycemic Load:2.62, Inflammation Score:-8, Nutrition Score:4.6482609575209%

Flavonoids

Catechin: 2.57mg, Catechin: 2.57mg, Catechin: 2.57mg, Catechin: 2.57mg Epigallocatechin: 13.69mg, Epigallocatechin: 13.69mg, Epigallocatechin: 13.69mg, Epigallocatechin: 13.69mg Epicatechin: 3.62mg, Epicatechin: 3.62mg, Epicatechin: 3.62mg, Epicatechin: 3.62mg Epicatechin 3-gallate: 9.97mg, Epicatechin 3-gallate: 9.97mg, Epicatechin 3-gallate: 9.97mg, Epicatechin 3-gallate: 9.97mg Epigallocatechin 3-gallate: 15.92mg, Epigallocatechin 3-gallate: 15.92mg, Epigallocatechin 3-gallate: 15.92mg, Epigallocatechin 3-gallate: 15.92mg Theaflavin: 2.69mg, Theaflavin: 2.69mg, Theaflavin: 2.69mg, Theaflavin: 2.69mg Thearubigins: 138.29mg, Thearubigins: 138.29mg, Thearubigins: 138.29mg, Thearubigins: 138.29mg Hesperetin: 17.85mg, Hesperetin: 17.85mg, Hesperetin: 17.85mg, Hesperetin: 17.85mg Naringenin: 10.03mg, Naringenin: 10.03mg, Naringenin: 10.03mg, Naringenin: 10.03mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 2.48mg, Kaempferol: 2.48mg, Kaempferol: 2.48mg, Kaempferol: 2.48mg Myricetin: 0.86mg, Myricetin: 0.86mg, Myricetin: 0.86mg, Myricetin: 0.86mg Quercetin: 4.02mg, Quercetin: 4.02mg, Quercetin: 4.02mg, Quercetin: 4.02mg Theaflavin-3,3'-digallate: 2.98mg, Theaflavin-3,3'-digallate: 2.98mg, Theaflavin-3,3'-digallate: 2.98mg, Theaflavin-3,3'-digallate: 2.98mg Theaflavin-3'-gallate: 2.57mg, Theaflavin-3'-gallate: 2.57mg, Theaflavin-3'-gallate: 2.57mg, Theaflavin-3'-gallate: 2.57mg Gallocatechin: 2.13mg, Gallocatechin: 2.13mg, Gallocatechin: 2.13mg, Gallocatechin: 2.13mg

Nutrients (% of daily need)

Calories: 163.46kcal (8.17%), Fat: 0.08g (0.12%), Saturated Fat: 0.01g (0.08%), Carbohydrates: 8.24g (2.75%), Net Carbohydrates: 6.67g (2.42%), Sugar: 6.12g (6.8%), Cholesterol: 0mg (0%), Sodium: 5.67mg (0.25%), Alcohol: 18.94g (100%), Alcohol %: 8.21% (100%), Caffeine: 34.02mg (11.34%), Protein: 0.62g (1.23%), Vitamin C: 34.85mg (42.24%), Manganese: 0.39mg (19.44%), Folate: 28.15µg (7.04%), Fiber: 1.57g (6.29%), Potassium: 182.06mg (5.2%), Vitamin B1: 0.06mg (3.99%), Vitamin B2: 0.05mg (3.18%), Vitamin A: 147.38IU (2.95%), Magnesium: 11.65mg (2.91%), Calcium: 26.2mg (2.62%), Copper: 0.05mg (2.61%), Vitamin B6: 0.04mg (1.96%), Vitamin B5: 0.18mg (1.82%), Phosphorus: 13.71mg (1.37%)