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Route 44 Cranberry Tea ♦

Route 44 Cranberry Tea is a refreshing beverage made with cranberries and tea. It is often consumed as a cold drink and is perfect for hot summer days. The tartness of the cranberries combined with the sweetness of the tea creates a unique and delicious flavor.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: 5 mins

Total Time: 15 mins

Recipe Yield: 1000 grams

Number of Servings: 10

Serving Size: 100 g

Ingredients

200 g	Cranberries
1000 ml	water
4 pieces	black tea bags
100 g	sugar

30 ml lemon juice

10
pieces ice cubes

Directions

Step 1

Boiling

In a saucepan, bring water to a boil.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Simmering

Add cranberries to the boiling water and simmer for 5 minutes.

Prep Time: 0 mins

Cook Time: 5 mins

Step 3

Straining

Remove the saucepan from heat and strain the cranberry mixture to remove the solids.

Prep Time: 0 mins

Cook Time: 0 mins

Step 4

Steeping

Return the strained cranberry liquid to the saucepan and add black tea bags. Let steep for 5 minutes.

Prep Time: 0 mins

Cook Time: 5 mins

Step 5

Stirring

Remove the tea bags and stir in sugar until dissolved.

Prep Time: 0 mins

Cook Time: 0 mins

Step 6

Refrigerating

Allow the tea to cool to room temperature, then refrigerate until chilled.

Prep Time: 0 mins

Cook Time: 0 mins

Step 7

Serving

To serve, fill glasses with ice cubes and pour the chilled cranberry tea over the ice. Add a squeeze of lemon juice for extra flavor.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 45 kcal

Fat: 0 g

Protein: 0 g

Carbohydrates: 12 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	0 g	0%	0%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	12 g	21.82%	24%
Fibers	1 g	2.63%	4%
Sugars	10 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	0 g	N/A	N/A
Saturated Fat	0 g	0%	0%
Fat	0 g	0%	0%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	0 iu	0%	0%
Vitamin C	10 mg	11.11%	13.33%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	0 mg	0%	0%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	1 mg	0.04%	0.04%
Calcium	1 mg	0.1%	0.1%
Iron	1 mg	12.5%	5.56%
Potassium	40 mg	1.18%	1.54%
Zinc	0 mg	0%	0%
Selenium	0 mcg	0%	0%

Recipe Attributes

Seasonality

Summer Fall

Events

Christmas Easter Thanksgiving Birthday Wedding Halloween
 Valentine's Day Mother's Day Father's Day New Year Anniversary
 Baby Shower Bridal Shower Graduation Back to School Barbecue Picnic
 Game Day

Meal Type

Snack

Lunch

Dinner

Difficulty Level

Easy

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