

Sugar-Free Spiced Tea

(Russian) Tea Recipe #201810

Yes, there are a couple of recipes here at Zaar for this wonderful mix, but I didn't see any with specifics and I think one used sugar-free Tang, which I cannot find anywhere. So, I gave up. One day, I came across this and EUREKA! I had to post because you CAN find all the ingredients at Walmart Super Centers, and most any market that sells Crystal Light. Isn't that WONDERFUL?? SO...diabetics rejoice and enjoy the holidays!

by Redneck Epicurean

5 min | 5 min prep

3 cups

1 (3 1/3 ounce) jar sugar-free iced tea mix with lemon

2 (1 7/8 ounce) packages Crystal Light orange drink mix (classic sunrise-Yep, it's SUGAR FREE!)

4 teaspoons ground cinnamon

2 teaspoons ground cloves

1. Combine all ingredients and store in an air-tight container.
2. To make a cup, add 1 1/2 teaspoons of the mix to 1 cup of hot water.
3. To give as a gift, package in 1 cup containers and attach the recipe and the nutritional information which is as follows (according to the website where I got this):.
4. 3 calories per 1 cup serving. 0 fat, 0 cholesterol and 1 milligram sodium to a cup.

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Recipe Notes & Rating: 5 stars 4 stars 3 stars 2 stars 1 star

Nutrition Facts

Serving Size 1 cups 4g

Recipe makes 3 cups)

The following items or measurements are not included below:

sugar-free iced tea mix with lemon

Crystal Light orange drink mix

Calories 12

Calories from Fat 3 (27%)

Amount Per Serving	% DV
Total Fat 0.4g	0%
Saturated Fat 0.1g	0%
Monounsaturated Fat 0.0g	
Polyunsaturated Fat 0.1g	
Trans Fat 0.0g	
Cholesterol 0mg	0%
Sodium 4mg	0%
Potassium 31mg	0%
Total Carbohydrate 3.3g	1%
Dietary Fiber 2.1g	8%
Sugars 0.1g	
Protein 0.2g	0%
Vitamin A 16mcg	0%
Vitamin B6 0.0mg	1%
Vitamin B12 0.0mcg	0%
Vitamin C 2mg	3%
Vitamin E 0mcg	0%
Calcium 46mg	4%
Iron 1mg	7%

how is this calculated?