



Adeni Tea

 **Vegetarian**  **Gluten Free**

READY IN



25 min.

SERVINGS



4

CALORIES



186 kcal

BEVERAGE

DRINK

Ingredients

- 12 fluid ounce evaporated milk canned
- 0.5 teaspoon ground cinnamon
- 0.5 teaspoon ground ginger
- 0.5 teaspoon ground nutmeg
- 10 cardamom seeds to taste
- 3 orange pekoe tea bags
- 3 cups water
- 0.3 cup sugar white

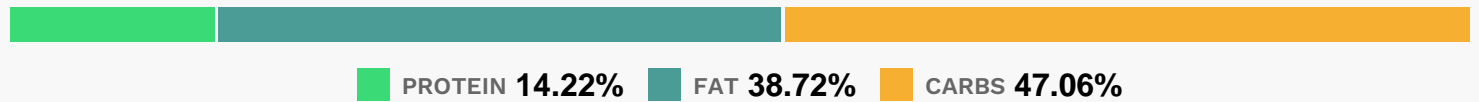
Equipment

- bowl
- sauce pan
- sieve
- mortar and pestle

Directions

- Cut tea bags open and empty into a small bowl; discard tea bags.
- Bring water to a boil in a saucepan; add loose tea. Boil tea until water becomes dark red, 3 to 5 minutes. Stir sugar into tea.
- Grind cardamom seeds in an electric grinder or using a mortar and pestle. Stir ground cardamom, cinnamon, nutmeg, and ginger into tea; boil until flavors are infused, about 10 minutes.
- Stir milk into tea and bring back to a boil for about 2 minutes.
- Pour tea through a sieve to separate out solids.
- Serve hot.

Nutrition Facts



Properties

Glycemic Index:36.27, Glycemic Load:8.78, Inflammation Score:-2, Nutrition Score:5.1282609338346%

Nutrients (% of daily need)

Calories: 185.65kcal (9.28%), Fat: 8.07g (12.42%), Saturated Fat: 4.3g (26.91%), Carbohydrates: 22.07g (7.36%), Net Carbohydrates: 21.64g (7.87%), Sugar: 21.51g (23.9%), Cholesterol: 25.73mg (8.58%), Sodium: 103.16mg (4.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.67g (13.34%), Calcium: 240.23mg (24.02%), Phosphorus: 181.19mg (18.12%), Vitamin B2: 0.28mg (16.67%), Potassium: 274.29mg (7.84%), Manganese: 0.14mg (7%), Magnesium: 24.21mg (6.05%), Vitamin B5: 0.57mg (5.68%), Zinc: 0.72mg (4.81%), Vitamin A: 213.08IU (4.26%), Selenium: 2.27µg (3.24%), Vitamin B1: 0.04mg (2.85%), Copper: 0.05mg (2.4%), Vitamin B12: 0.14µg (2.37%), Vitamin B6: 0.05mg (2.34%), Vitamin C: 1.7mg (2.07%), Fiber: 0.46g (1.84%), Folate: 7.33µg (1.83%), Iron: 0.25mg (1.4%), Vitamin B3: 0.2mg (1.01%)