



## Aromatic Ginger Tea

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



110 kcal

BEVERAGE

DRINK

### Ingredients

- 8 cardamom pods hulled crushed (see notes)
- 1 teaspoon ground ginger
- 1 quart milk
- 0.3 cup sugar
- 8 orange pekoe tea bags

### Equipment

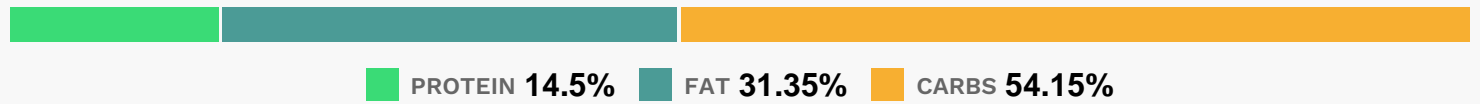
- frying pan
- sieve

teapot

## Directions

- In a 3- to 4-quart pan over medium-high heat, combine milk, 1 quart water, sugar, ginger, and cardamom seed. Bring to a boil, stirring occasionally.
- Add tea and simmer, stirring gently, 1 to 2 minutes.
- Remove pan from heat, cover, and let stand until tea is a dark reddish brown color, about 1 minute.
- Pour through a fine strainer into a hot teapot.

## Nutrition Facts



## Properties

Glycemic Index:14.14, Glycemic Load:7.96, Inflammation Score:-2, Nutrition Score:5.717826054553%

## Nutrients (% of daily need)

Calories: 110.12kcal (5.51%), Fat: 3.96g (6.09%), Saturated Fat: 2.22g (13.88%), Carbohydrates: 15.37g (5.12%), Net Carbohydrates: 14.78g (5.37%), Sugar: 14.02g (15.57%), Cholesterol: 14.2mg (4.73%), Sodium: 45.46mg (1.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.12g (8.24%), Manganese: 0.65mg (32.42%), Calcium: 153.53mg (15.35%), Phosphorus: 123.46mg (12.35%), Vitamin B12: 0.64µg (10.65%), Vitamin B2: 0.17mg (9.93%), Vitamin D: 1.3µg (8.67%), Potassium: 203.29mg (5.81%), Magnesium: 19.31mg (4.83%), Vitamin B1: 0.07mg (4.69%), Vitamin B5: 0.44mg (4.42%), Zinc: 0.64mg (4.3%), Vitamin B6: 0.08mg (3.92%), Vitamin A: 191.71IU (3.83%), Selenium: 2.44µg (3.48%), Fiber: 0.6g (2.38%), Iron: 0.33mg (1.85%)