



Bubble Milk Tea



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



1

CALORIES



305 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.8 cup freshly tea green black brewed (such as , , chai, or jasmine)
- ☐ 1 cup ice cubes
- ☐ 0.5 cup milk (or soy, almond, or rice milk)
- ☐ 2 tablespoons sugar syrup to taste (more or less ; see recipe)
- ☐ 0.3 cup tapioca pearls (see recipe)

Equipment

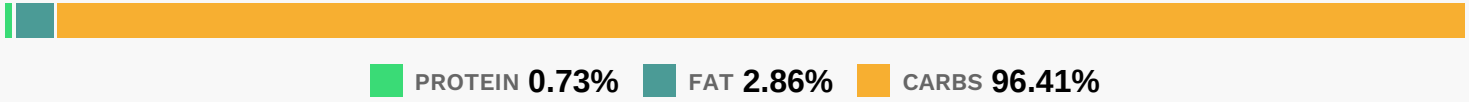
- ☐ blender
- ☐ drinking straws

Directions

- ☐
- Combine the tea, ice, syrup, and milk in a blender or cocktail shaker; blend or shake until frothy.

☐☐

Nutrition Facts



Properties

Glycemic Index:156.67, Glycemic Load:35.79, Inflammation Score:-8, Nutrition Score:2.5965216878964%

Flavonoids

Catechin: 2.67mg, Catechin: 2.67mg, Catechin: 2.67mg, Catechin: 2.67mg Epigallocatechin: 14.25mg, Epigallocatechin: 14.25mg, Epigallocatechin: 14.25mg, Epigallocatechin: 14.25mg Epicatechin: 3.77mg, Epicatechin: 3.77mg, Epicatechin: 3.77mg, Epicatechin: 3.77mg Epicatechin 3-gallate: 10.37mg, Epicatechin 3-gallate: 10.37mg, Epicatechin 3-gallate: 10.37mg, Epicatechin 3-gallate: 10.37mg Epigallocatechin 3-gallate: 16.57mg, Epigallocatechin 3-gallate: 16.57mg, Epigallocatechin 3-gallate: 16.57mg, Epigallocatechin 3-gallate: 16.57mg Theaflavin: 2.8mg, Theaflavin: 2.8mg, Theaflavin: 2.8mg, Theaflavin: 2.8mg Thearubigins: 143.9mg, Thearubigins: 143.9mg, Thearubigins: 143.9mg, Thearubigins: 143.9mg Kaempferol: 2.5mg, Kaempferol: 2.5mg, Kaempferol: 2.5mg, Kaempferol: 2.5mg Myricetin: 0.8mg, Myricetin: 0.8mg, Myricetin: 0.8mg, Myricetin: 0.8mg Quercetin: 3.88mg, Quercetin: 3.88mg, Quercetin: 3.88mg, Quercetin: 3.88mg Theaflavin-3,3'-digallate: 3.1mg, Theaflavin-3,3'-digallate: 3.1mg, Theaflavin-3,3'-digallate: 3.1mg Theaflavin-3'-gallate: 2.67mg, Theaflavin-3'-gallate: 2.67mg, Theaflavin-3'-gallate: 2.67mg, Theaflavin-3'-gallate: 2.67mg Gallocatechin: 2.21mg, Gallocatechin: 2.21mg, Gallocatechin: 2.21mg, Gallocatechin: 2.21mg

Nutrients (% of daily need)

Calories: 305.41kcal (15.27%), Fat: 1g (1.54%), Saturated Fat: 0.01g (0.03%), Carbohydrates: 75.99g (25.33%), Net Carbohydrates: 75.65g (27.51%), Sugar: 36.05g (40.05%), Cholesterol: 0mg (0%), Sodium: 86.32mg (3.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 35.4mg (11.8%), Protein: 0.58g (1.15%), Manganese: 0.43mg (21.47%), Iron: 2.08mg (11.53%), Vitamin B1: 0.05mg (3.57%), Copper: 0.07mg (3.56%), Calcium: 31.9mg (3.19%), Magnesium: 12.06mg (3.01%), Vitamin B2: 0.05mg (2.87%), Potassium: 94.87mg (2.71%), Folate: 10.37µg (2.59%), Fiber: 0.34g (1.37%), Zinc: 0.18mg (1.2%)