

Bubble Tea



Vegetarian



Gluten Free

READY IN



80 min.

SERVINGS



2

CALORIES



442 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 cup chai tea mix
- ☐ 3 tablespoons honey to taste
- ☐ 2 cups ice cubes
- ☐ 1 cup milk
- ☐ 1 cup tapioca pearls

Equipment

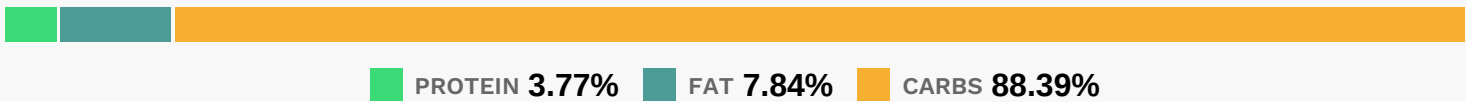
- ☐ sauce pan
- ☐ pot

☐ blender

Directions

- ☐ Fill a saucepan about halfway with water, and bring to a boil.
- ☐ Add the tapioca pearls, and return to a boil. Stir to make sure they do not start to stick together or to the pot. Cover, and simmer over medium heat for 45 minutes.
- ☐ Remove from the heat and let stand for 30 minutes, then rinse and drain. The pearls should be squishy and black. Stir some of the honey into the pearls so they are coated.
- ☐ Place the milk, any remaining honey, tea mix, and ice into the container of a blender. Cover, and blend to your desired slushiness.
- ☐ Pour the tea into two large glasses. Spoon half of the tapioca pearls into each glass. If you can find extra wide straws, place one into each drink to suck up the pearls and chew on them while you are drinking.

Nutrition Facts



Properties

Glycemic Index:83.97, Glycemic Load:67.52, Inflammation Score:-5, Nutrition Score:6.093478265016%

Flavonoids

Catechin: 1.78mg, Catechin: 1.78mg, Catechin: 1.78mg, Catechin: 1.78mg Epigallocatechin: 9.5mg, Epigallocatechin: 9.5mg, Epigallocatechin: 9.5mg, Epigallocatechin: 9.5mg Epicatechin: 2.51mg, Epicatechin: 2.51mg, Epicatechin: 2.51mg, Epicatechin: 2.51mg Epicatechin 3-gallate: 6.91mg, Epicatechin 3-gallate: 6.91mg, Epicatechin 3-gallate: 6.91mg, Epicatechin 3-gallate: 6.91mg Epigallocatechin 3-gallate: 11.04mg, Epigallocatechin 3-gallate: 11.04mg, Epigallocatechin 3-gallate: 11.04mg, Epigallocatechin 3-gallate: 11.04mg Theaflavin: 1.86mg, Theaflavin: 1.86mg, Theaflavin: 1.86mg, Theaflavin: 1.86mg Thearubigins: 95.93mg, Thearubigins: 95.93mg, Thearubigins: 95.93mg, Thearubigins: 95.93mg Kaempferol: 1.66mg, Kaempferol: 1.66mg, Kaempferol: 1.66mg, Kaempferol: 1.66mg Myricetin: 0.53mg, Myricetin: 0.53mg, Myricetin: 0.53mg, Myricetin: 0.53mg Quercetin: 2.58mg, Quercetin: 2.58mg, Quercetin: 2.58mg, Quercetin: 2.58mg Theaflavin-3,3'-digallate: 2.07mg, Theaflavin-3,3'-digallate: 2.07mg, Theaflavin-3,3'-digallate: 2.07mg, Theaflavin-3,3'-digallate: 2.07mg Theaflavin-3'-gallate: 1.78mg, Theaflavin-3'-gallate: 1.78mg, Theaflavin-3'-gallate: 1.78mg, Theaflavin-3'-gallate: 1.78mg Gallocatechin: 1.48mg, Gallocatechin: 1.48mg, Gallocatechin: 1.48mg, Gallocatechin: 1.48mg

Nutrients (% of daily need)

Calories: 442.22kcal (22.11%), Fat: 3.92g (6.03%), Saturated Fat: 2.28g (14.22%), Carbohydrates: 99.41g (33.14%), Net Carbohydrates: 98.66g (35.88%), Sugar: 34.28g (38.08%), Cholesterol: 14.64mg (4.88%), Sodium: 63.75mg (2.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 23.6mg (7.87%), Protein: 4.24g (8.48%), Manganese: 0.37mg (18.6%), Calcium: 174.25mg (17.42%), Phosphorus: 130.98mg (13.1%), Vitamin B2: 0.2mg (11.58%), Vitamin B12: 0.66µg (10.98%), Vitamin D: 1.34µg (8.95%), Iron: 1.36mg (7.54%), Potassium: 251.4mg (7.18%), Vitamin B5: 0.59mg (5.92%), Magnesium: 21.94mg (5.48%), Vitamin B1: 0.07mg (4.76%), Zinc: 0.71mg (4.72%), Selenium: 3.18µg (4.54%), Vitamin B6: 0.09mg (4.4%), Vitamin A: 197.64IU (3.95%), Copper: 0.08mg (3.87%), Fiber: 0.75g (2.99%), Folate: 9.57µg (2.39%)