



Chai



Vegetarian



Gluten Free

READY IN



80 min.

SERVINGS



10

CALORIES



155 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 stick piece cinnamon 1-inch
- ☐ 2 quarter-sized coins ginger fresh
- ☐ 4 cardamom pods green smashed
- ☐ 2 teaspoons honey to taste
- ☐ 0.5 star anise
- ☐ 2 scant teaspoon tea leaves black recommended: Taj Mahal
- ☐ 2 cups water
- ☐ 10 servings milk whole

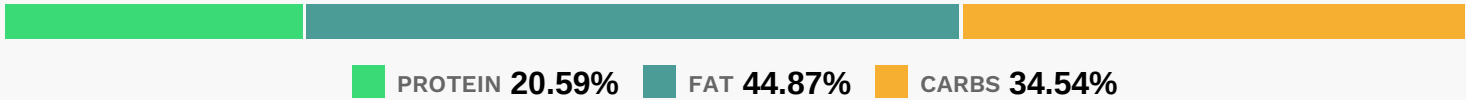
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ In a medium pan, bring the water, all of the spices and the ginger to a boil over medium heat. Turn off the heat and allow it to steep for 15 minutes.
- ☐ Bring the mixture back to a boil, then add the tea. Turn the heat off, and allow it to steep for 3 to 5 minutes depending on how strong you like your tea. Stir in the honey and add milk to your liking. Strain it into a bowl or pitcher and serve!

Nutrition Facts



Properties

Glycemic Index:12.03, Glycemic Load:4.99, Inflammation Score:-4, Nutrition Score:8.9043477341209%

Flavonoids

Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg
Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg
Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg
Thearubigins: 0.16mg, Thearubigins: 0.16mg, Thearubigins: 0.16mg, Thearubigins: 0.16mg

Nutrients (% of daily need)

Calories: 155.3kcal (7.76%), Fat: 7.88g (12.13%), Saturated Fat: 4.55g (28.43%), Carbohydrates: 13.65g (4.55%), Net Carbohydrates: 13.2g (4.8%), Sugar: 12.92g (14.35%), Cholesterol: 29.28mg (9.76%), Sodium: 95.52mg (4.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.14g (16.28%), Calcium: 308.74mg (30.87%), Phosphorus: 248.84mg (24.88%), Vitamin B12: 1.32µg (21.96%), Vitamin B2: 0.34mg (19.97%), Vitamin D: 2.68µg (17.89%), Manganese: 0.3mg (15.04%), Potassium: 383.79mg (10.97%), Vitamin B1: 0.14mg (9.25%), Vitamin B5: 0.92mg (9.16%), Magnesium: 32.52mg (8.13%), Vitamin A: 396.47IU (7.93%), Vitamin B6: 0.15mg (7.71%), Zinc: 1.08mg (7.21%), Selenium: 4.67µg (6.67%), Fiber: 0.45g (1.79%), Vitamin B3: 0.28mg (1.42%)