



## Chai

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



4

CALORIES



135 kcal

BEVERAGE

DRINK

## Ingredients

- 2 cups water
- 0.3 cup freshly tea black
- 2 cups milk whole 2%
- 0.1 teaspoon ground cardamom
- 2 cloves whole crushed
- 2 peppercorns black crushed
- 1 pinch ground cinnamon
- 0.3 cup condensed milk sweetened

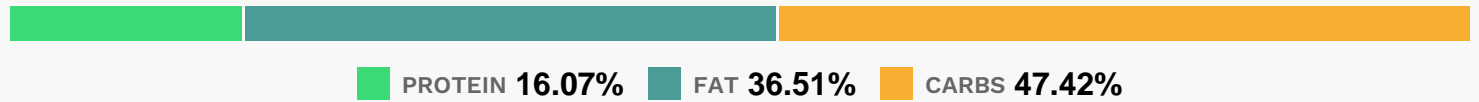
# Equipment

- sauce pan
- sieve

# Directions

- In 2-quart saucepan, heat water to a rapid boil over medium-high heat; reduce heat to low.
- Add tea leaves; simmer 2 to 4 minutes to blend flavors. (If using tea bags, remove and discard.)
- Stir in remaining ingredients except sweetened condensed milk.
- Heat to boiling, but do not let milk boil over. Stir in sweetened condensed milk. Strain tea through strainer into cups.

# Nutrition Facts



# Properties

Glycemic Index:35.25, Glycemic Load:8.52, Inflammation Score:-3, Nutrition Score:5.7656521330709%

# Flavonoids

Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epigallocatechin: 1.19mg, Epigallocatechin: 1.19mg, Epigallocatechin: 1.19mg, Epigallocatechin: 1.19mg Epicatechin: 0.31mg, Epicatechin: 0.31mg, Epicatechin: 0.31mg, Epicatechin: 0.31mg Epicatechin 3-gallate: 0.86mg, Epicatechin 3-gallate: 0.86mg, Epicatechin 3-gallate: 0.86mg, Epicatechin 3-gallate: 0.86mg Epigallocatechin 3-gallate: 1.38mg, Epigallocatechin 3-gallate: 1.38mg, Epigallocatechin 3-gallate: 1.38mg, Epigallocatechin 3-gallate: 1.38mg Theaflavin: 0.23mg, Theaflavin: 0.23mg, Theaflavin: 0.23mg, Theaflavin: 0.23mg Thearubigins: 11.99mg, Thearubigins: 11.99mg, Thearubigins: 11.99mg, Thearubigins: 11.99mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg Theaflavin-3,3'-digallate: 0.26mg, Theaflavin-3,3'-digallate: 0.26mg, Theaflavin-3,3'-digallate: 0.26mg, Theaflavin-3,3'-digallate: 0.26mg Theaflavin-3'-gallate: 0.22mg, Theaflavin-3'-gallate: 0.22mg, Theaflavin-3'-gallate: 0.22mg, Theaflavin-3'-gallate: 0.22mg Gallocatechin: 0.18mg, Gallocatechin: 0.18mg, Gallocatechin: 0.18mg, Gallocatechin: 0.18mg

# Nutrients (% of daily need)

Calories: 135.46kcal (6.77%), Fat: 5.59g (8.6%), Saturated Fat: 3.32g (20.78%), Carbohydrates: 16.33g (5.44%), Net Carbohydrates: 16.24g (5.9%), Sugar: 16.28g (18.08%), Cholesterol: 21.14mg (7.05%), Sodium: 77.31mg (3.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.53g (11.07%), Calcium: 209.52mg (20.95%), Phosphorus: 172.08mg (17.21%), Vitamin B2: 0.25mg (14.73%), Vitamin B12: 0.74µg (12.38%), Vitamin D: 1.38µg (9.2%), Potassium: 262.01mg (7.49%), Selenium: 5.16µg (7.37%), Manganese: 0.13mg (6.55%), Vitamin B5: 0.6mg (6.02%), Vitamin B1: 0.09mg (5.73%), Magnesium: 21.76mg (5.44%), Vitamin A: 249.28IU (4.99%), Zinc: 0.7mg (4.69%), Vitamin B6: 0.08mg (4.25%), Copper: 0.03mg (1.3%)