



Chai



Vegetarian



Gluten Free

READY IN



10 min.

SERVINGS



4

CALORIES



62 kcal

BEVERAGE

DRINK

Ingredients

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

Equipment

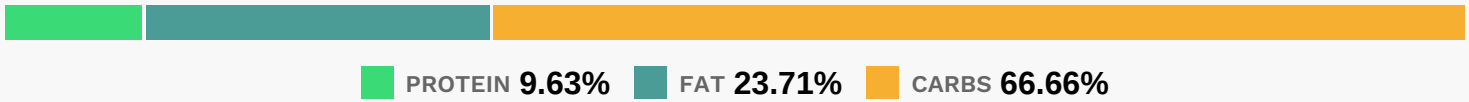
- ☐ sauce pan

☐ 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:25.75, Glycemic Load:6.35, Inflammation Score:-1, Nutrition Score:1.6408695805332%

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 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: 61.98kcal (3.1%), Fat: 1.67g (2.57%), Saturated Fat: 1.05g (6.57%), Carbohydrates: 10.56g (3.52%), Net Carbohydrates: 10.51g (3.82%), Sugar: 10.41g (11.56%), Cholesterol: 6.5mg (2.17%), Sodium: 30.67mg (1.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.53g (3.05%), Calcium: 58.83mg (5.88%), Phosphorus: 48.76mg (4.88%), Vitamin B2: 0.08mg (4.81%), Selenium: 2.83µg (4.05%), Manganese: 0.07mg (3.3%), Potassium: 77.99mg (2.23%), Magnesium: 6.86mg (1.71%), Vitamin B5: 0.15mg (1.46%), Vitamin B12: 0.08µg (1.4%), Zinc: 0.2mg (1.34%), Copper: 0.02mg (1.22%), Vitamin B1: 0.02mg (1.16%), Vitamin A: 51.48IU (1.03%)