



Chai



Vegetarian



Gluten Free



Popular

READY IN



30 min.

SERVINGS



10

CALORIES



109 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.5 star anise star
- ☐ 10 cloves whole
- ☐ 6 allspice whole
- ☐ 1 teaspoon cinnamon bark (or 2 short sticks)
- ☐ 6 peppercorns whole white
- ☐ 1 cardamon pod opened to the seeds
- ☐ 1 cup water
- ☐ 4 cups milk whole

- ☐ 2 tablespoons full-bodied broad-leaf tea black english (Ceylon, or Breakfast if a broad-leaf Ceylon is not available)
- ☐ 10 servings sugar

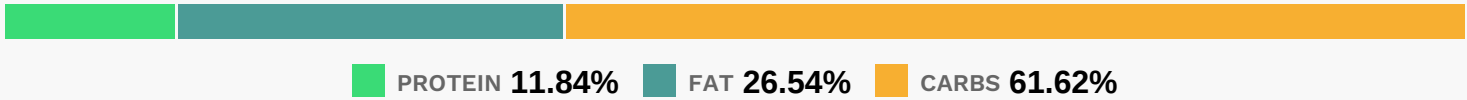
Equipment

- ☐ sauce pan
- ☐ pot

Directions

- ☐ In a 2-qt saucepan, add spices to 1 cup of water. Bring to a boil; remove from heat; let steep for 5-20 minutes, depending on how strong a spice flavor you want.
- ☐ Add 4-6 cups of whole milk to the water and spices. If you don't have whole milk, you can also use non-fat or low-fat milk, just add some cream to it, a few tablespoons. Bring the milk and spice mixture just to a boil and remove from heat.
- ☐ Add the tea to the milk and let steep for 5 to 10 minutes to taste. (Option at this point - reheat to a simmer and remove from heat.) You can add sugar at this point, or serve without sugar and let people put the amount of sugar in they want. Traditionally, sugar is added before serving.Strain into a pot.
- ☐ Serve.
- ☐ Add sugar to taste.

Nutrition Facts



Properties

Glycemic Index:14.81, Glycemic Load:10.13, Inflammation Score:-2, Nutrition Score:3.7252173555772%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg Malvidin: 0.42mg, Malvidin: 0.42mg, Malvidin: 0.42mg, Malvidin: 0.42mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 0.21mg, Catechin: 0.21mg, Catechin: 0.21mg, Catechin: 0.21mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.02mg,

Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 109.46kcal (5.47%), Fat: 3.25g (5.01%), Saturated Fat: 1.83g (11.45%), Carbohydrates: 17g (5.67%), Net Carbohydrates: 16.78g (6.1%), Sugar: 16.7g (18.56%), Cholesterol: 11.71mg (3.9%), Sodium: 39.14mg (1.7%), Alcohol: 0.32g (100%), Alcohol %: 0.29% (100%), Protein: 3.27g (6.53%), Calcium: 125.26mg (12.53%), Phosphorus: 100mg (10%), Vitamin B12: 0.53µg (8.78%), Manganese: 0.17mg (8.45%), Vitamin B2: 0.14mg (8.16%), Vitamin D: 1.07µg (7.16%), Potassium: 154.74mg (4.42%), Vitamin B1: 0.06mg (3.69%), Vitamin B5: 0.37mg (3.67%), Magnesium: 13.17mg (3.29%), Vitamin A: 159.56IU (3.19%), Vitamin B6: 0.06mg (3.14%), Zinc: 0.42mg (2.8%), Selenium: 1.96µg (2.8%)