



## Chai

 **Vegetarian**  **Gluten Free**

READY IN



**45 min.**

SERVINGS



**2**

CALORIES



**230 kcal**

BEVERAGE

DRINK

## Ingredients

- 7 cardamom pods crushed
- 1 cinnamon sticks
- 0.5 inch ginger fresh peeled coarsely chopped
- 0.3 cup honey
- 1 tablespoon tea leaves black (such as Darjeeling or Assam)
- 1.5 cups water
- 4 peppercorns white
- 1 cup milk whole

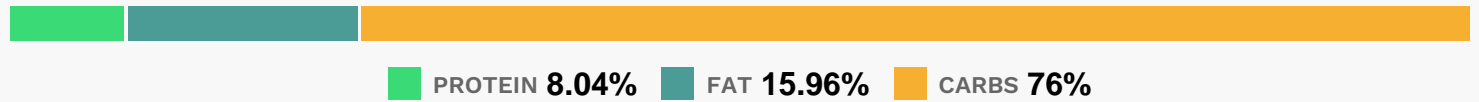
## Equipment

- bowl
- sauce pan
- sieve

## Directions

- Combine first 6 ingredients in a medium saucepan; bring to a boil. Cover, reduce heat, and simmer 15 minutes.
- Add milk and tea; simmer for 4 minutes (do not boil). Strain through a fine sieve into a small bowl; discard solids.
- Add honey to tea mixture, stirring until well blended.

## Nutrition Facts



## Properties

Glycemic Index:57.64, Glycemic Load:20.58, Inflammation Score:-3, Nutrition Score:10.63695648183%

## Flavonoids

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## Nutrients (% of daily need)

Calories: 230.18kcal (11.51%), Fat: 4.41g (6.79%), Saturated Fat: 2.33g (14.55%), Carbohydrates: 47.29g (15.76%), Net Carbohydrates: 44.23g (16.08%), Sugar: 40.73g (45.25%), Cholesterol: 14.64mg (4.88%), Sodium: 58.82mg (2.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5g (10.01%), Manganese: 2.33mg (116.66%), Calcium: 203.08mg (20.31%), Phosphorus: 139.52mg (13.95%), Fiber: 3.06g (12.25%), Vitamin B2: 0.2mg (11.75%), Vitamin B12: 0.66µg (10.98%), Vitamin D: 1.34µg (8.95%), Magnesium: 35.5mg (8.87%), Potassium: 301.05mg (8.6%), Zinc: 1.18mg (7.84%), Iron: 1.34mg (7.46%), Vitamin B1: 0.08mg (5.54%), Vitamin B6: 0.11mg (5.32%), Vitamin B5: 0.49mg (4.95%), Copper: 0.08mg (4.21%), Vitamin A: 202.8IU (4.06%), Selenium: 2.73µg (3.9%), Vitamin C: 1.88mg (2.28%), Vitamin B3: 0.29mg (1.47%)