



Chai Blossom



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



109 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 2 chai spiced tea bags
- ☐ 2 ounces seltzer water
- ☐ 4 servings optional: lemon
- ☐ 0.5 cup juice of lime fresh
- ☐ 4 servings star anise whole
- ☐ 0.5 cup sugar

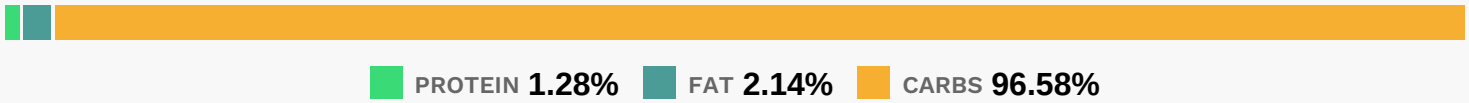
Equipment

- ☐ bowl

Directions

- ☐ Combine 2 chai tea bags and 1 cup boiling water in a small bowl; cover and let sit 8–10 minutes.
- ☐ Add 1/2 cup sugar; stir to dissolve. Discard tea bags and let cool. Stir chai syrup and 1/2 cup fresh lime juice in a pitcher to combine. Divide among 4 rocks glasses filled with ice and add 2–3 ounces club soda to each.
- ☐ Garnish with whole star anise pods and lemon twists.

Nutrition Facts



Properties

Glycemic Index:25.15, Glycemic Load:17.59, Inflammation Score:-1, Nutrition Score:1.5230434841436%

Flavonoids

Eriodictyol: 2.16mg, Eriodictyol: 2.16mg, Eriodictyol: 2.16mg, Eriodictyol: 2.16mg Hesperetin: 4.67mg, Hesperetin: 4.67mg, Hesperetin: 4.67mg, Hesperetin: 4.67mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 109.21kcal (5.46%), Fat: 0.28g (0.43%), Saturated Fat: 0.01g (0.07%), Carbohydrates: 28.6g (9.53%), Net Carbohydrates: 28.14g (10.23%), Sugar: 25.64g (28.48%), Cholesterol: 0mg (0%), Sodium: 4.13mg (0.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.38g (0.76%), Vitamin C: 12.99mg (15.75%), Iron: 0.45mg (2.52%), Fiber: 0.46g (1.85%), Potassium: 60.25mg (1.72%), Manganese: 0.03mg (1.58%), Calcium: 13.47mg (1.35%), Magnesium: 4.82mg (1.21%), Vitamin B6: 0.02mg (1.18%), Copper: 0.02mg (1.12%)