



Chai Iced Tea



Vegetarian



Gluten Free

READY IN



65 min.

SERVINGS



6

CALORIES



75 kcal

BEVERAGE

DRINK

Ingredients

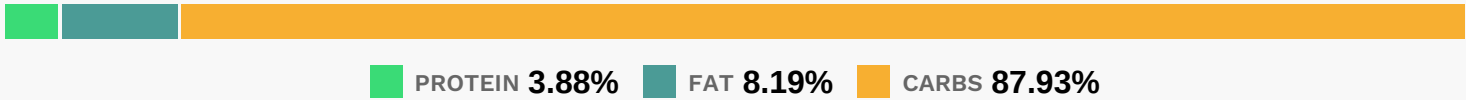
- ☐ 8 chai spiced tea bags
- ☐ 4 cups water hot
- ☐ 1 tablespoon vanilla
- ☐ 0.3 cup brown sugar packed
- ☐ 0.5 cup creme de cassis orange-flavored
- ☐ 0.5 cup creme de cassis
- ☐ 0.5 cup milk
- ☐ 1 sticks cinnamon

Equipment

Directions

- ☐ Chill glasses in freezer several hours before serving.
- ☐ Steep tea bags in hot water 3 to 5 minutes.
- ☐ Remove bags. Stir vanilla and brown sugar into tea until sugar is dissolved. Stir in all remaining ingredients except cinnamon sticks. Refrigerate at least 1 to 2 hours to blend flavors.
- ☐ Serve over ice.
- ☐ Garnish with cinnamon stick.

Nutrition Facts



Properties

Glycemic Index:7.17, Glycemic Load:0.37, Inflammation Score:-1, Nutrition Score:1.3052173903131%

Nutrients (% of daily need)

Calories: 74.82kcal (3.74%), Fat: 0.66g (1.01%), Saturated Fat: 0.38g (2.38%), Carbohydrates: 15.93g (5.31%), Net Carbohydrates: 15.62g (5.68%), Sugar: 15.4g (17.11%), Cholesterol: 2.44mg (0.81%), Sodium: 23.16mg (1.01%), Alcohol: 0.75g (100%), Alcohol %: 0.41% (100%), Protein: 0.7g (1.41%), Manganese: 0.12mg (5.93%), Calcium: 45.4mg (4.54%), Phosphorus: 21.41mg (2.14%), Vitamin B12: 0.11µg (1.83%), Copper: 0.04mg (1.82%), Vitamin B2: 0.03mg (1.79%), Vitamin D: 0.22µg (1.49%), Magnesium: 5.85mg (1.46%), Potassium: 48.81mg (1.39%), Fiber: 0.31g (1.24%)