



## Chai Iced Tea

 Vegetarian  Gluten Free

READY IN



65 min.

SERVINGS



6

CALORIES



73 kcal

BEVERAGE

DRINK

### Ingredients

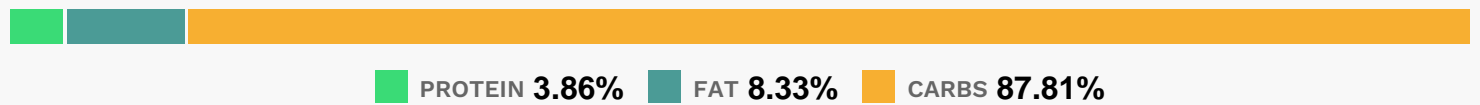
- 0.3 cup brown sugar packed
- 8 chai spiced tea bags
- 0.5 cup creme de cassis
- 0.5 cup creme de cassis orange-flavored
- 0.5 cup milk
- 1 tablespoon vanilla
- 4 cups water hot

### 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:6.33, Glycemic Load:0.36, Inflammation Score:-1, Nutrition Score:0.95608695596457%

## Nutrients (% of daily need)

Calories: 73.38kcal (3.67%), Fat: 0.65g (1%), Saturated Fat: 0.38g (2.37%), Carbohydrates: 15.46g (5.15%), Net Carbohydrates: 15.46g (5.62%), Sugar: 15.39g (17.1%), Cholesterol: 2.44mg (0.81%), Sodium: 23.11mg (1%), Alcohol: 0.75g (100%), Alcohol %: 0.41% (100%), Protein: 0.68g (1.36%), Calcium: 39.56mg (3.96%), Phosphorus: 21.03mg (2.1%), Vitamin B12: 0.11µg (1.83%), Vitamin B2: 0.03mg (1.77%), Copper: 0.03mg (1.72%), Vitamin D: 0.22µg (1.49%), Magnesium: 5.5mg (1.37%), Potassium: 46.29mg (1.32%)