



Chai Mix



Vegetarian



Gluten Free



Low Fod Map

READY IN



10 min.

SERVINGS



4

CALORIES



101 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.5 cup skim milk powder dry instant
- ☐ 0.3 cup non-dairy creamer like mimiccreme dry instant ()
- ☐ 3 tablespoons powdered sugar
- ☐ 0.3 cup freshly tea unsweetened dry instant ()
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.5 teaspoon ground cardamom
- ☐ 0.3 teaspoon ground cloves

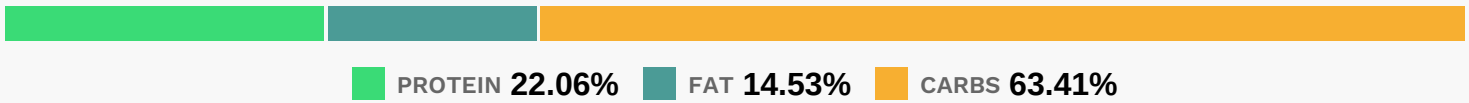
Equipment

☐ bowl

Directions

- ☐ In small bowl, mix dry milk, creamer and powdered sugar. In another small bowl, mix all remaining ingredients. Spoon milk and tea mixtures alternately into 8-ounce jar, packing lightly.
- ☐ Include these directions on package: For each serving, place 1/4 cup Chai
- ☐ Mix in cup. Fill with 8 ounces very hot water. For creamier chai, use half milk and half water. Makes 4 servings.

Nutrition Facts



Properties

Glycemic Index:2.5, Glycemic Load:0.01, Inflammation Score:-4, Nutrition Score:5.8817390514457%

Flavonoids

Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epigallocatechin: 1.19mg, Epigallocatechin: 1.19mg, Epigallocatechin: 1.19mg, Epigallocatechin: 1.19mg Epicatechin: 0.31mg, Epicatechin: 0.31mg, Epicatechin: 0.31mg, Epicatechin: 0.31mg Epicatechin 3-gallate: 0.86mg, Epicatechin 3-gallate: 0.86mg, Epicatechin 3-gallate: 0.86mg, Epicatechin 3-gallate: 0.86mg Epigallocatechin 3-gallate: 1.38mg, Epigallocatechin 3-gallate: 1.38mg, Epigallocatechin 3-gallate: 1.38mg, Epigallocatechin 3-gallate: 1.38mg Theaflavin: 0.23mg, Theaflavin: 0.23mg, Theaflavin: 0.23mg, Theaflavin: 0.23mg Thearubigins: 11.99mg, Thearubigins: 11.99mg, Thearubigins: 11.99mg, Thearubigins: 11.99mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg Theaflavin-3,3'-digallate: 0.26mg, Theaflavin-3,3'-digallate: 0.26mg, Theaflavin-3,3'-digallate: 0.26mg, Theaflavin-3,3'-digallate: 0.26mg Theaflavin-3'-gallate: 0.22mg, Theaflavin-3'-gallate: 0.22mg, Theaflavin-3'-gallate: 0.22mg, Theaflavin-3'-gallate: 0.22mg Gallocatechin: 0.18mg, Gallocatechin: 0.18mg, Gallocatechin: 0.18mg, Gallocatechin: 0.18mg

Nutrients (% of daily need)

Calories: 100.54kcal (5.03%), Fat: 1.65g (2.54%), Saturated Fat: 0.37g (2.34%), Carbohydrates: 16.2g (5.4%), Net Carbohydrates: 15.82g (5.75%), Sugar: 15.39g (17.1%), Cholesterol: 3mg (1%), Sodium: 91.3mg (3.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.63g (11.27%), Calcium: 197.17mg (19.72%), Phosphorus: 155.84mg (15.58%), Vitamin B2: 0.24mg (13.92%), Manganese: 0.27mg (13.4%), Vitamin D: 1.65µg (11%), Vitamin B12: 0.6µg (10.07%), Potassium: 308.95mg (8.83%), Vitamin A: 330.77IU (6.62%), Selenium: 4.32µg (6.17%), Vitamin B5: 0.54mg (5.39%), Magnesium: 18.14mg (4.53%), Zinc: 0.65mg (4.33%), Vitamin B1: 0.06mg (4.2%), Vitamin B6: 0.06mg (2.8%), Folate:

8.3μg (2.07%), Fiber: 0.38g (1.51%), Vitamin C: 1.09mg (1.32%)