



WHATSheATE



Chai-Spiced Hot Chocolate



Vegetarian



Gluten Free

READY IN



15 min.

SERVINGS



5

CALORIES



183 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.5 teaspoon peppercorns whole black
- ☐ 4 cardamom pods whole
- ☐ 2 sticks cinnamon 3-inch
- ☐ 1 inch ginger fresh
- ☐ 0.5 cup brown sugar light packed
- ☐ 3.8 cups milk 1% low-fat
- ☐ 0.3 cup cocoa unsweetened

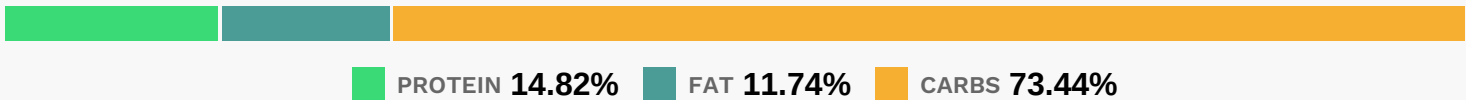
Equipment

- ☐ sauce pan
- ☐ sieve
- ☐ ziploc bags
- ☐ rolling pin
- ☐ meat tenderizer

Directions

- ☐ Place first 4 ingredients in a zip-top plastic bag. Seal bag, and crush spices into small pieces using a rolling pin or meat mallet.
- ☐ Combine crushed spices, milk, brown sugar, and ginger in a medium saucepan. Cook over medium heat 8 minutes, stirring until sugar dissolves and tiny bubbles form at edge of saucepan (do not boil).
- ☐ Remove from heat; cover and let stand 15 minutes.
- ☐ Add cocoa to milk mixture, and stir. Cook mixture over medium heat 2 minutes, stirring constantly until blended. Strain mixture through a sieve, and serve immediately.
- ☐ Garnish with cinnamon sticks, if desired.

Nutrition Facts



Properties

Glycemic Index:11.4, Glycemic Load:0.14, Inflammation Score:-5, Nutrition Score:11.153043570726%

Flavonoids

Catechin: 3.72mg, Catechin: 3.72mg, Catechin: 3.72mg, Catechin: 3.72mg Epicatechin: 11.26mg, Epicatechin: 11.26mg, Epicatechin: 11.26mg, Epicatechin: 11.26mg Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg

Nutrients (% of daily need)

Calories: 183.44kcal (9.17%), Fat: 2.62g (4.03%), Saturated Fat: 1.49g (9.33%), Carbohydrates: 36.84g (12.28%), Net Carbohydrates: 33.39g (12.14%), Sugar: 30.28g (33.64%), Cholesterol: 8.85mg (2.95%), Sodium: 77.09mg (3.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 13.19mg (4.4%), Protein: 7.43g (14.86%), Manganese: 0.99mg (49.56%), Calcium: 270.95mg (27.09%), Phosphorus: 230.19mg (23.02%), Vitamin B12: 1.08µg (18%), Vitamin B2: 0.27mg (15.67%), Magnesium: 57.69mg (14.42%), Fiber: 3.45g (13.81%), Vitamin D: 1.95µg (12.98%), Copper: 0.25mg

(12.46%), Potassium: 433.43mg (12.38%), Zinc: 1.31mg (8.76%), Iron: 1.34mg (7.47%), Vitamin B1: 0.11mg (7.31%), Vitamin A: 353.46IU (7.07%), Vitamin B5: 0.7mg (6.97%), Selenium: 4.88µg (6.97%), Vitamin B6: 0.13mg (6.57%), Vitamin B3: 0.4mg (2.01%), Folate: 5.91µg (1.48%), Vitamin K: 1.48µg (1.41%)