



Chai Tea



Vegetarian



Gluten Free

READY IN



10 min.

SERVINGS



4

CALORIES



107 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 4 bags tea black
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.5 teaspoon ground ginger
- ☐ 0.3 teaspoon nutmeg
- ☐ 2 tablespoons honey
- ☐ 2 cups milk
- ☐ 2 cups water

Equipment

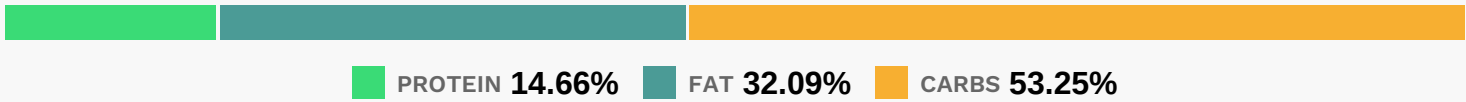
☐

whisk

Directions

- ☐ Heat water to boiling.
- ☐ Add tea bags; reduce heat. Simmer 2 minutes.
- ☐ Remove tea bags. Stir in remaining ingredients.
- ☐ Heat to boiling.
- ☐ Stir with wire whisk to foam milk.
- ☐ Pour into cups.

Nutrition Facts



Properties

Glycemic Index:41.32, Glycemic Load:6.7, Inflammation Score:-2, Nutrition Score:4.5486956300295%

Flavonoids

Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Theaflavin: 0.02mg, Theaflavin: 0.02mg, Theaflavin: 0.02mg, Theaflavin: 0.02mg Thearubigins: 0.81mg, Thearubigins: 0.81mg, Thearubigins: 0.81mg, Thearubigins: 0.81mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg Theaflavin-3,3'-digallate: 0.02mg, Theaflavin-3,3'-digallate: 0.02mg, Theaflavin-3,3'-digallate: 0.02mg, Theaflavin-3,3'-digallate: 0.02mg Theaflavin-3'-gallate: 0.02mg, Theaflavin-3'-gallate: 0.02mg, Theaflavin-3'-gallate: 0.02mg, Theaflavin-3'-gallate: 0.02mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 107.24kcal (5.36%), Fat: 3.96g (6.1%), Saturated Fat: 2.31g (14.43%), Carbohydrates: 14.79g (4.93%), Net Carbohydrates: 14.58g (5.3%), Sugar: 14.54g (16.15%), Cholesterol: 14.64mg (4.88%), Sodium: 52.84mg (2.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.07g (8.15%), Calcium: 157.26mg (15.73%), Phosphorus: 124.5mg (12.45%), Vitamin B12: 0.66µg (10.98%), Vitamin B2: 0.17mg (10.18%), Vitamin D: 1.34µg (8.95%), Manganese: 0.15mg (7.3%), Potassium: 193.65mg (5.53%), Vitamin B5: 0.46mg (4.64%), Vitamin B1: 0.07mg

(4.59%), Magnesium: 16.98mg (4.24%), Vitamin A: 198.58IU (3.97%), Vitamin B6: 0.08mg (3.95%), Zinc: 0.55mg (3.68%), Selenium: 2.55µg (3.64%), Copper: 0.03mg (1.37%)