



Chai Tea



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



10 min.

SERVINGS



6

CALORIES



38 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 teaspoon peppercorns black
- ☐ 4 tea bags black
- ☐ 2 cinnamon sticks
- ☐ 10 cardamom seeds whole
- ☐ 1.5 quarts water
- ☐ 3 tablespoons sugar white

Equipment

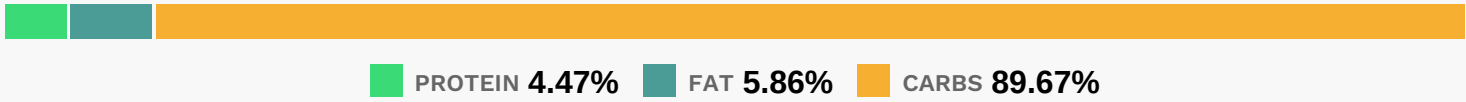
- ☐ sauce pan

pot

Directions

- In a saucepan, bring water to a boil.
- Add the tea bags, cardamom seeds, cinnamon, and black pepper, then return to a boil.
Immediately stir in sugar.
- Remove pot from heat and let stand for 5 minutes.

Nutrition Facts



Properties

Glycemic Index:18.68, Glycemic Load:4.36, Inflammation Score:-1, Nutrition Score:3.959565245101%

Nutrients (% of daily need)

Calories: 38.19kcal (1.91%), Fat: 0.28g (0.43%), Saturated Fat: 0.04g (0.23%), Carbohydrates: 9.67g (3.22%), Net Carbohydrates: 7.93g (2.88%), Sugar: 6.02g (6.69%), Cholesterol: 0mg (0%), Sodium: 12.75mg (0.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.48g (0.96%), Manganese: 1.23mg (61.54%), Fiber: 1.74g (6.95%), Iron: 0.64mg (3.54%), Calcium: 34.86mg (3.49%), Copper: 0.06mg (3.24%), Magnesium: 11.95mg (2.99%), Zinc: 0.3mg (2.02%), Potassium: 52.19mg (1.49%), Vitamin K: 1.56µg (1.49%)