



## Chai Tea Latte Ice Cream



Vegetarian



Gluten Free

READY IN



19 min.

SERVINGS



7

CALORIES



200 kcal

DESSERT

### Ingredients

- ☐ 8 chai spiced tea bags (such as Bigelow Vanilla Chai)
- ☐ 2 tablespoons cornstarch
- ☐ 2 large egg yolk
- ☐ 12 ounce evaporated milk fat-free canned
- ☐ 0.1 teaspoon ground cardamom
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.1 teaspoon ground cloves
- ☐ 0.3 teaspoon ground ginger

- ☐ 0.1 teaspoon nutmeg
- ☐ 2 cups milk 2% reduced-fat
- ☐ 1 Dash pepper black
- ☐ 0.1 teaspoon salt
- ☐ 0.7 cup sugar
- ☐ 3 inch vanilla pod split

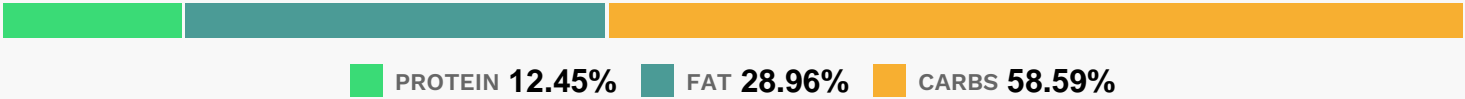
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ wooden spoon

## Directions

- ☐ Cook 2% milk over medium-high heat in a heavy saucepan to 180 or until tiny bubbles form around edge (do not boil).
- ☐ Remove from heat.
- ☐ Add tea bags and vanilla bean; let stand 15 minutes.
- ☐ Remove and discard tea bags, pressing liquid out of bags.
- ☐ Remove vanilla bean; scrape seeds from bean into milk mixture, and discard bean.
- ☐ Add evaporated milk, stirring with a whisk.
- ☐ Combine sugar and next 9 ingredients in a medium bowl. Gradually add milk mixture to sugar mixture, stirring constantly with whisk. Return milk mixture to pan. Cook over medium heat until mixture thickens and coats the back of a wooden spoon, stirring constantly.
- ☐ Transfer mixture to a bowl.
- ☐ Place over an ice bath and cool completely, stirring occasionally.
- ☐ Pour milk mixture into the freezer can of a 2- to 3-quart ice cream freezer, and freeze according to manufacturer's instructions. Spoon ice cream into a freezer-safe container. Cover and freeze 1 hour or until firm.

# Nutrition Facts



## Properties

Glycemic Index:26.01, Glycemic Load:13.31, Inflammation Score:-2, Nutrition Score:5.6039130622926%

## Nutrients (% of daily need)

Calories: 200.41kcal (10.02%), Fat: 6.55g (10.07%), Saturated Fat: 3.56g (22.23%), Carbohydrates: 29.8g (9.93%), Net Carbohydrates: 29.7g (10.8%), Sugar: 27.34g (30.38%), Cholesterol: 71.95mg (23.98%), Sodium: 127.6mg (5.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.33g (12.66%), Calcium: 215.57mg (21.56%), Vitamin B2: 0.31mg (18.11%), Phosphorus: 180.3mg (18.03%), Vitamin B12: 0.53µg (8.83%), Selenium: 5.75µg (8.21%), Potassium: 249.74mg (7.14%), Vitamin B5: 0.7mg (6.96%), Zinc: 0.82mg (5.48%), Vitamin A: 255.37IU (5.11%), Magnesium: 19.85mg (4.96%), Manganese: 0.09mg (4.39%), Vitamin B1: 0.06mg (3.87%), Folate: 14.4µg (3.6%), Vitamin B6: 0.07mg (3.39%), Vitamin D: 0.31µg (2.07%), Iron: 0.29mg (1.62%), Vitamin E: 0.23mg (1.52%), Vitamin C: 1.07mg (1.3%)