

## Chai Tea Mix

 Vegetarian  Gluten Free  Popular  Low Fod Map

READY IN



32 min.

SERVINGS



36

CALORIES



85 kcal

BEVERAGE

DRINK

### Ingredients

- 1 teaspoon ground cardamom
- 2 teaspoons ground cinnamon
- 1 teaspoon ground cloves
- 2 teaspoons ground ginger
- 1 cup powdered non-dairy creamer
- 1 cup powdered non-dairy creamer french vanilla flavored
- 1 cup nonfat milk powder dry
- 1.5 cups freshly tea unsweetened instant

2.5 cups sugar white

## Equipment

food processor

bowl

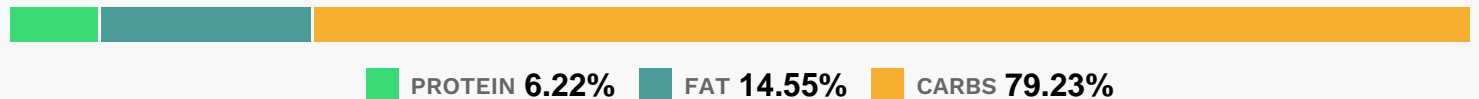
blender

## Directions

In a large bowl, combine milk powder, non-dairy creamer, vanilla flavored creamer, sugar and instant tea. Stir in ginger, cinnamon, cloves and cardamom. In a blender or food processor, blend 1 cup at a time, until mixture is the consistency of fine powder.

To serve: Stir 2 heaping tablespoons Chai tea mixture into a mug of hot water.

## Nutrition Facts



## Properties

Glycemic Index:2.22, Glycemic Load:9.7, Inflammation Score:-1, Nutrition Score:1.6165217562862%

## Flavonoids

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## Nutrients (% of daily need)

Calories: 84.74kcal (4.24%), Fat: 1.42g (2.18%), Saturated Fat: 0.28g (1.76%), Carbohydrates: 17.36g (5.79%), Net Carbohydrates: 17.25g (6.27%), Sugar: 17.12g (19.02%), Cholesterol: 0.67mg (0.22%), Sodium: 27.41mg (1.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.36g (2.73%), Manganese: 0.13mg (6.41%), Calcium: 45.14mg (4.51%), Phosphorus: 41.31mg (4.13%), Vitamin B2: 0.06mg (3.3%), Potassium: 92.18mg (2.63%), Vitamin D: 0.37µg (2.44%), Vitamin B12: 0.13µg (2.24%), Selenium: 1.21µg (1.73%), Vitamin A: 75.08IU (1.5%), Vitamin B5: 0.12mg (1.21%), Magnesium: 4.54mg (1.13%), Zinc: 0.15mg (1.02%)