



## Chai Tea (Vegan, Gluten-Free, Nut-Free, Soy-Free)



Vegetarian



Gluten Free

READY IN



20 min.

SERVINGS



2

CALORIES



201 kcal

BEVERAGE

DRINK

### Ingredients

- ☐ 4 peppercorns black
- ☐ 10 cardamom pods green crushed
- ☐ 2 cups milk alternative (soy, rice, or almond)
- ☐ 1 Tablespoons sugar to taste ( )
- ☐ 2 Tablespoons loose leaf tea black to taste ( )
- ☐ 1 cups water

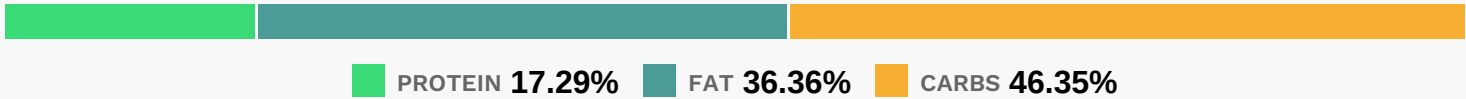
### Equipment

☐ sauce pan

## Directions

- ☐ Crush herbs and spices, leaving large pieces.
- ☐ Combine all ingredients in saucepan and bring to a light simmer.Do not boil.Turn off heat, cover and steep for 15 minutes.Uncover, return to a simmer; strain and serve hot. Can be chilled.

## Nutrition Facts



## Properties

Glycemic Index:72.55, Glycemic Load:8.75, Inflammation Score:-5, Nutrition Score:14.463478186856%

## Flavonoids

Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epigallocatechin: 1.19mg, Epigallocatechin: 1.19mg, Epigallocatechin: 1.19mg, Epigallocatechin: 1.19mg Epicatechin: 0.31mg, Epicatechin: 0.31mg, Epicatechin: 0.31mg, Epicatechin: 0.31mg Epicatechin 3-gallate: 0.87mg, Epicatechin 3-gallate: 0.87mg, Epicatechin 3-gallate: 0.87mg, Epicatechin 3-gallate: 0.87mg Epigallocatechin 3-gallate: 1.38mg, Epigallocatechin 3-gallate: 1.38mg, Epigallocatechin 3-gallate: 1.38mg, Epigallocatechin 3-gallate: 1.38mg Theaflavin: 0.23mg, Theaflavin: 0.23mg, Theaflavin: 0.23mg, Theaflavin: 0.23mg Thearubigins: 12.02mg, Thearubigins: 12.02mg, Thearubigins: 12.02mg, Thearubigins: 12.02mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg Theaflavin-3,3'-digallate: 0.26mg, Theaflavin-3,3'-digallate: 0.26mg, Theaflavin-3,3'-digallate: 0.26mg, Theaflavin-3,3'-digallate: 0.26mg Theaflavin-3'-gallate: 0.22mg, Theaflavin-3'-gallate: 0.22mg, Theaflavin-3'-gallate: 0.22mg, Theaflavin-3'-gallate: 0.22mg Gallocatechin: 0.18mg, Gallocatechin: 0.18mg, Gallocatechin: 0.18mg, Gallocatechin: 0.18mg

## Nutrients (% of daily need)

Calories: 201.25kcal (10.06%), Fat: 8.5g (13.08%), Saturated Fat: 4.61g (28.81%), Carbohydrates: 24.39g (8.13%), Net Carbohydrates: 21.54g (7.83%), Sugar: 17.73g (19.7%), Cholesterol: 29.28mg (9.76%), Sodium: 100.98mg (4.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.1g (18.2%), Manganese: 2.87mg (143.39%), Calcium: 342.91mg (34.29%), Phosphorus: 264.7mg (26.47%), Vitamin B12: 1.32µg (21.96%), Vitamin B2: 0.36mg (21.09%), Vitamin D: 2.68µg (17.89%), Potassium: 486.15mg (13.89%), Magnesium: 54.15mg (13.54%), Zinc: 1.77mg (11.77%), Fiber: 2.85g (11.4%), Vitamin B1: 0.16mg (10.44%), Vitamin B5: 0.91mg (9.15%), Vitamin B6: 0.17mg (8.62%), Vitamin A: 396.37IU (7.93%), Iron: 1.42mg (7.9%), Selenium: 4.68µg (6.69%), Copper: 0.06mg (3.21%), Vitamin C: 2.1mg (2.55%), Vitamin B3: 0.37mg (1.84%), Vitamin K: 1.06µg (1.01%)