



Cook the Book: Masala Chai

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



55 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 2 cardamom pods
- ☐ 1 teaspoon ginger roughly chopped
- ☐ 0.5 cup milk
- ☐ 10 servings sugar to taste
- ☐ 4 teaspoons freshly tea
- ☐ 6 cups water

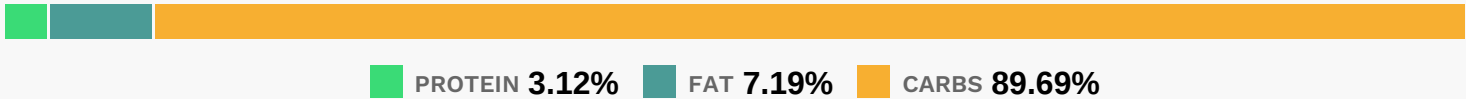
Equipment

- ☐ sieve

Directions

- ☐ Boil the water, tea leaves, ginger and green cardamom powder together for 3 minutes.
- ☐ Add the milk and sugar (optional) and boil for another 2 minutes.
- ☐ Strain through a fine wire mesh strainer and serve at once.

Nutrition Facts



Properties

Glycemic Index:12.81, Glycemic Load:8.61, Inflammation Score:-1, Nutrition Score:0.84565216294773%

Flavonoids

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Nutrients (% of daily need)

Calories: 54.94kcal (2.75%), Fat: 0.46g (0.7%), Saturated Fat: 0.23g (1.44%), Carbohydrates: 12.84g (4.28%), Net Carbohydrates: 12.72g (4.63%), Sugar: 12.57g (13.96%), Cholesterol: 1.46mg (0.49%), Sodium: 12.01mg (0.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.45g (0.89%), Manganese: 0.12mg (5.89%), Calcium: 20.95mg (2.09%), Phosphorus: 13.12mg (1.31%), Copper: 0.03mg (1.29%), Vitamin B2: 0.02mg (1.19%), Vitamin B12: 0.07µg (1.1%)