



Dark Chocolate Chai Latte



Vegetarian



Gluten Free

READY IN



25 min.

SERVINGS



15

CALORIES



169 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.3 teaspoon peppercorns black
- ☐ 0.5 cup brown sugar light packed
- ☐ 6 cardamom pods
- ☐ 4 ounces chocolate dark chopped
- ☐ 1 inch ginger fresh sliced
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 4 cups milk
- ☐ 1 star anise

- ☐ 4 ginger tea bags black
- ☐ 1 cup whipping cream

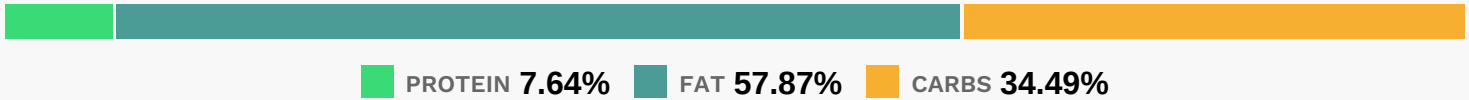
Equipment

- ☐ sauce pan
- ☐ sieve

Directions

- ☐ Bring first 10 ingredients and 2 cups water to a boil in a large saucepan over medium-high heat, stirring occasionally until chocolate is melted.
- ☐ Add tea bags; cover, reduce heat to low, and simmer 10 minutes.
- ☐ Pour mixture through a fine wire-mesh strainer into a heatproof pitcher, discarding solids.
- ☐ Serve warm or chilled over ice.

Nutrition Facts



Properties

Glycemic Index:8.2, Glycemic Load:1.8, Inflammation Score:-3, Nutrition Score:5.1839130397724%

Nutrients (% of daily need)

Calories: 169.41kcal (8.47%), Fat: 11.1g (17.08%), Saturated Fat: 6.72g (41.99%), Carbohydrates: 14.89g (4.96%), Net Carbohydrates: 13.79g (5.01%), Sugar: 12.53g (13.92%), Cholesterol: 25.96mg (8.65%), Sodium: 32.81mg (1.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 6.05mg (2.02%), Protein: 3.3g (6.6%), Manganese: 0.4mg (19.82%), Calcium: 106.34mg (10.63%), Phosphorus: 100.51mg (10.05%), Vitamin B2: 0.13mg (7.5%), Magnesium: 29.11mg (7.28%), Copper: 0.15mg (7.26%), Vitamin A: 342.3IU (6.85%), Vitamin B12: 0.4µg (6.63%), Vitamin D: 0.97µg (6.46%), Iron: 1.12mg (6.2%), Potassium: 189.45mg (5.41%), Fiber: 1.1g (4.41%), Zinc: 0.62mg (4.16%), Selenium: 2.33µg (3.32%), Vitamin B5: 0.33mg (3.27%), Vitamin B1: 0.04mg (2.95%), Vitamin B6: 0.05mg (2.72%), Vitamin E: 0.23mg (1.51%), Vitamin K: 1.39µg (1.32%)