



Decadent Chai Latte

 Vegetarian  Gluten Free

READY IN



25 min.

SERVINGS



15

CALORIES



124 kcal

BEVERAGE

DRINK

Ingredients

- 0.3 teaspoon peppercorns black
- 0.5 cup brown sugar light packed
- 6 cardamom pods
- 1 inch ginger fresh sliced
- 4 cups milk
- 1 star anise
- 4 ginger tea bags black
- 1 cup whipping cream

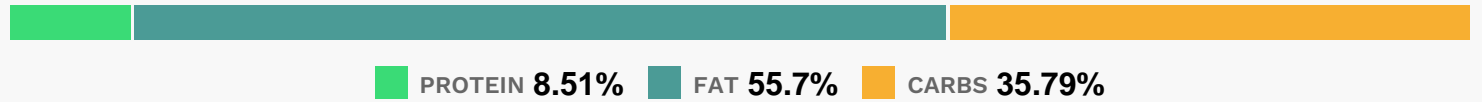
Equipment

- sauce pan
- sieve

Directions

- Bring first 8 ingredients and 2 cups water to a boil in a large saucepan over medium-high heat, stirring occasionally.
- 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.
- Dark Chocolate Chai Latte: Stir 4 oz. chopped dark chocolate and 1/4 tsp. ground cinnamon in with first 8 ingredients, stirring until chocolate is melted. Proceed with recipe as directed.

Nutrition Facts



Properties

Glycemic Index:6.33, Glycemic Load:1.19, Inflammation Score:-2, Nutrition Score:3.5943478345871%

Nutrients (% of daily need)

Calories: 124.12kcal (6.21%), Fat: 7.88g (12.12%), Saturated Fat: 4.87g (30.42%), Carbohydrates: 11.39g (3.8%), Net Carbohydrates: 11.13g (4.05%), Sugar: 10.71g (11.91%), Cholesterol: 25.74mg (8.58%), Sodium: 31.29mg (1.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.71g (5.42%), Manganese: 0.24mg (12.17%), Calcium: 100.48mg (10.05%), Phosphorus: 77.21mg (7.72%), Vitamin B2: 0.12mg (7.15%), Vitamin A: 339.26IU (6.79%), Vitamin D: 0.97µg (6.46%), Vitamin B12: 0.38µg (6.28%), Potassium: 135.25mg (3.86%), Magnesium: 11.85mg (2.96%), Vitamin B5: 0.3mg (2.95%), Vitamin B1: 0.04mg (2.77%), Selenium: 1.81µg (2.59%), Vitamin B6: 0.05mg (2.57%), Zinc: 0.37mg (2.49%), Vitamin E: 0.18mg (1.2%), Iron: 0.21mg (1.19%), Fiber: 0.26g (1.05%)