



Chai Latte Tea Mix

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



15 min.

SERVINGS



18

CALORIES



121 kcal

BEVERAGE

DRINK

Ingredients

- 2 cups non-dairy creamer like mimiccreme dry
- 1.5 cups freshly tea unsweetened instant
- 1.5 cups t brown sugar dark packed
- 0.5 cup powdered sugar
- 2 teaspoons ground ginger
- 2 teaspoons ground cinnamon
- 1 teaspoon ground cardamom
- 1 teaspoon ground cloves

Equipment

- food processor
- bowl

Directions

- In large bowl, stir all ingredients until blended.
- In food processor, blend about 2 cups mixture at a time 30 to 45 seconds or until mixture looks like fine powder.
- To serve, place 1/4 cup tea mixture in mug.
- Add 1 cup hot water; stir until dissolved. (Recipe makes 4 1/2 cups mix.)

Nutrition Facts

 **PROTEIN 1.07%**  **FAT 19.36%**  **CARBS 79.57%**

Properties

Glycemic Index:0.56, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:1.2565217280517%

Flavonoids

Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg Epigallocatechin: 1.58mg, Epigallocatechin: 1.58mg, Epigallocatechin: 1.58mg, Epigallocatechin: 1.58mg Epicatechin: 0.42mg, Epicatechin: 0.42mg, Epicatechin: 0.42mg, Epicatechin: 0.42mg Epicatechin 3-gallate: 1.15mg, Epicatechin 3-gallate: 1.15mg, Epicatechin 3-gallate: 1.15mg, Epicatechin 3-gallate: 1.15mg Epigallocatechin 3-gallate: 1.84mg, Epigallocatechin 3-gallate: 1.84mg, Epigallocatechin 3-gallate: 1.84mg, Epigallocatechin 3-gallate: 1.84mg Theaflavin: 0.31mg, Theaflavin: 0.31mg, Theaflavin: 0.31mg, Theaflavin: 0.31mg Thearubigins: 15.99mg, Thearubigins: 15.99mg, Thearubigins: 15.99mg, Thearubigins: 15.99mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg Theaflavin-3,3'-digallate: 0.34mg, Theaflavin-3,3'-digallate: 0.34mg, Theaflavin-3,3'-digallate: 0.34mg, Theaflavin-3,3'-digallate: 0.34mg Theaflavin-3'-gallate: 0.3mg, Theaflavin-3'-gallate: 0.3mg, Theaflavin-3'-gallate: 0.3mg, Theaflavin-3'-gallate: 0.3mg Gallocatechin: 0.25mg, Gallocatechin: 0.25mg, Gallocatechin: 0.25mg, Gallocatechin: 0.25mg

Nutrients (% of daily need)

Calories: 121.04kcal (6.05%), Fat: 2.69g (4.14%), Saturated Fat: 0.53g (3.31%), Carbohydrates: 24.9g (8.3%), Net Carbohydrates: 24.68g (8.97%), Sugar: 24.1g (26.78%), Cholesterol: 0mg (0%), Sodium: 24.07mg (1.05%), Alcohol:

Og (100%), Alcohol %: 0% (100%), Caffeine: 3.93mg (1.31%), Protein: 0.34g (0.67%), Manganese: 0.27mg (13.28%), Potassium: 88.93mg (2.54%), Calcium: 21.26mg (2.13%), Phosphorus: 18.83mg (1.88%), Vitamin E: 0.23mg (1.54%), Iron: 0.24mg (1.31%)