

Garden Chai



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



2

CALORIES



261 kcal

BEVERAGE

DRINK

Ingredients

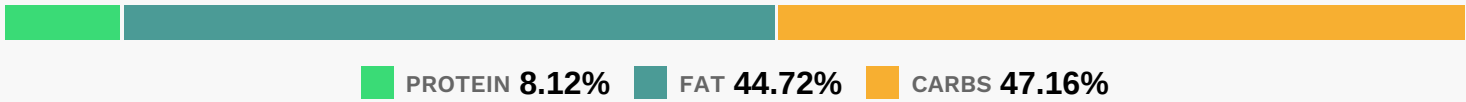
- ☐ 3 anise hyssop flowers fresh
- ☐ 0.3 cup nutmeg geranium leaves fresh
- ☐ 1 cup soy milk plain warmed
- ☐ 2 tablespoons sugar
- ☐ 1 cup freshly tea black english such as breakfast hot brewed

Equipment

Directions

- ☐ Put geranium leaves and anise hyssop flowers in a heatproof container.
- ☐ Pour 1 cup boiling water over them and steep 15 minutes.
- ☐ Strain and divide liquid between 2 mugs.
- ☐ Pour 1/2 cup each tea and soy milk and 1 tbsp. sugar into each mug. Stir to combine.

Nutrition Facts



Properties

Glycemic Index:89.25, Glycemic Load:15.5, Inflammation Score:-9, Nutrition Score:14.860434801682%

Flavonoids

Catechin: 1.78mg, Catechin: 1.78mg, Catechin: 1.78mg, Catechin: 1.78mg Epigallocatechin: 9.5mg, Epigallocatechin: 9.5mg, Epigallocatechin: 9.5mg, Epigallocatechin: 9.5mg Epicatechin: 2.51mg, Epicatechin: 2.51mg, Epicatechin: 2.51mg, Epicatechin: 2.51mg Epicatechin 3-gallate: 6.91mg, Epicatechin 3-gallate: 6.91mg, Epicatechin 3-gallate: 6.91mg, Epicatechin 3-gallate: 6.91mg Epigallocatechin 3-gallate: 11.04mg, Epigallocatechin 3-gallate: 11.04mg, Epigallocatechin 3-gallate: 11.04mg, Epigallocatechin 3-gallate: 11.04mg Theaflavin: 1.86mg, Theaflavin: 1.86mg, Theaflavin: 1.86mg, Theaflavin: 1.86mg Thearubigins: 95.93mg, Thearubigins: 95.93mg, Thearubigins: 95.93mg, Thearubigins: 95.93mg Kaempferol: 1.66mg, Kaempferol: 1.66mg, Kaempferol: 1.66mg, Kaempferol: 1.66mg Myricetin: 0.53mg, Myricetin: 0.53mg, Myricetin: 0.53mg, Myricetin: 0.53mg Quercetin: 2.58mg, Quercetin: 2.58mg, Quercetin: 2.58mg, Quercetin: 2.58mg Theaflavin-3,3'-digallate: 2.07mg, Theaflavin-3,3'-digallate: 2.07mg, Theaflavin-3,3'-digallate: 2.07mg, Theaflavin-3,3'-digallate: 2.07mg Theaflavin-3'-gallate: 1.78mg, Theaflavin-3'-gallate: 1.78mg, Theaflavin-3'-gallate: 1.78mg, Theaflavin-3'-gallate: 1.78mg Gallocatechin: 1.48mg, Gallocatechin: 1.48mg, Gallocatechin: 1.48mg, Gallocatechin: 1.48mg

Nutrients (% of daily need)

Calories: 260.8kcal (13.04%), Fat: 13.36g (20.56%), Saturated Fat: 7.93g (49.53%), Carbohydrates: 31.7g (10.57%), Net Carbohydrates: 24.86g (9.04%), Sugar: 23.39g (25.99%), Cholesterol: 0mg (0%), Sodium: 67.63mg (2.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 23.6mg (7.87%), Protein: 5.46g (10.92%), Manganese: 1.15mg (57.55%), Fiber: 6.84g (27.37%), Copper: 0.48mg (23.76%), Calcium: 229.43mg (22.94%), Vitamin B3: 4.31mg (21.57%), Vitamin B12: 1.27µg (21.24%), Vitamin E: 2.97mg (19.82%), Vitamin B6: 0.33mg (16.6%), Folate: 66.29µg (16.57%), Vitamin B2: 0.27mg (16.17%), Magnesium: 60.21mg (15.05%), Vitamin B1: 0.18mg (12.04%), Vitamin C: 9.7mg (11.76%), Iron: 2.06mg (11.45%), Vitamin A: 498.57IU (9.97%), Potassium: 335.4mg (9.58%), Vitamin D: 1.42µg (9.44%), Phosphorus: 70.77mg (7.08%), Zinc: 1.02mg (6.82%), Selenium: 3.33µg (4.76%)