



Ginger Tea

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



175 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.5 cup evaporated milk
- ☐ 0.5 cup ginger fresh unpeeled finely chopped (left)
- ☐ 0.5 cup condensed milk sweetened to taste
- ☐ 2 tablespoons loose tea leaves black
- ☐ 3.3 cups water hot

Equipment

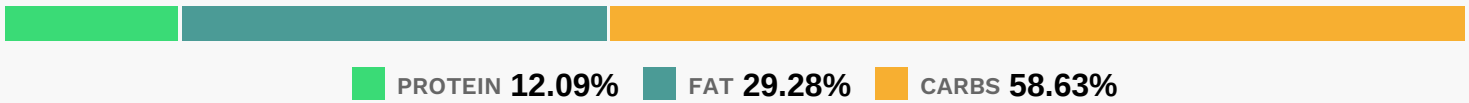
- ☐ sauce pan
- ☐ sieve

☐ blender

Directions

- ☐ Bring water and ginger to a boil in a 1- to 1 1/2-quart saucepan, then remove from heat. Stir in tea and cover.
- ☐ Let stand 3 to 5 minutes. Stir in milks, then pour through a sieve into a large (6-cup) blender, pressing hard on and then discarding solids. Blend until foamy (use caution when blending hot liquids), then pour into mugs and sweeten with more condensed milk if desired.

Nutrition Facts



Properties

Glycemic Index:19, Glycemic Load:12.98, Inflammation Score:-3, Nutrition Score:4.9778260990329%

Flavonoids

Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epigallocatechin: 0.6mg, Epigallocatechin: 0.6mg, Epigallocatechin: 0.6mg, Epigallocatechin: 0.6mg Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg Epicatechin 3-gallate: 0.43mg, Epicatechin 3-gallate: 0.43mg, Epicatechin 3-gallate: 0.43mg, Epicatechin 3-gallate: 0.43mg Epigallocatechin 3-gallate: 0.69mg, Epigallocatechin 3-gallate: 0.69mg, Epigallocatechin 3-gallate: 0.69mg, Epigallocatechin 3-gallate: 0.69mg Theaflavin: 0.12mg, Theaflavin: 0.12mg, Theaflavin: 0.12mg, Theaflavin: 0.12mg Thearubigins: 6.01mg, Thearubigins: 6.01mg, Thearubigins: 6.01mg, Thearubigins: 6.01mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg Theaflavin-3,3'-digallate: 0.13mg, Theaflavin-3,3'-digallate: 0.13mg, Theaflavin-3,3'-digallate: 0.13mg, Theaflavin-3,3'-digallate: 0.13mg Theaflavin-3'-gallate: 0.11mg, Theaflavin-3'-gallate: 0.11mg, Theaflavin-3'-gallate: 0.11mg, Theaflavin-3'-gallate: 0.11mg Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg

Nutrients (% of daily need)

Calories: 174.98kcal (8.75%), Fat: 5.8g (8.92%), Saturated Fat: 3.57g (22.32%), Carbohydrates: 26.13g (8.71%), Net Carbohydrates: 25.89g (9.41%), Sugar: 24.17g (26.86%), Cholesterol: 22.14mg (7.38%), Sodium: 93.36mg (4.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.39g (10.78%), Calcium: 198.53mg (19.85%), Phosphorus: 164.87mg (16.49%), Vitamin B2: 0.26mg (15.52%), Selenium: 6.47µg (9.24%), Potassium: 289.89mg (8.28%), Magnesium: 24.81mg (6.2%), Vitamin B5: 0.51mg (5.13%), Zinc: 0.66mg (4.42%), Vitamin B12: 0.22µg (3.65%), Vitamin A: 177.41IU (3.55%), Vitamin B1: 0.05mg (3.48%), Copper: 0.07mg (3.47%), Vitamin B6: 0.05mg (2.72%), Vitamin C: 2.19mg (2.66%), Manganese: 0.05mg (2.39%), Folate: 8.42µg (2.1%), Vitamin B3: 0.23mg (1.16%), Iron:

0.21mg (1.14%)