



## Honey Milk Tea - Hong Kong Style

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



1

CALORIES



127 kcal

BEVERAGE

DRINK

### Ingredients

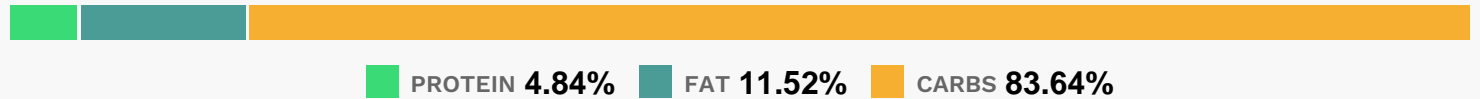
- 3 teaspoons honey
- 5 ice cubes
- 4 teaspoons condensed milk sweetened
- 2 ginger tea bags
- 1 cup water boiling

### Equipment

## Directions

- Steep the tea bags in hot water until the color turns dark red, about 3 to 5 minutes. Discard the tea bags and let the tea cool.
- Combine the ice cubes, sweetened condensed milk, and honey in a glass or cocktail shaker.
- Pour in the tea and mix well. (If the tea is still warm, the ice may melt; add more ice if desired.) A strong, flavorful milk tea is ready for you to enjoy.

## Nutrition Facts



## Properties

Glycemic Index:113.27, Glycemic Load:15.57, Inflammation Score:-1, Nutrition Score:1.7752173990011%

## Nutrients (% of daily need)

Calories: 127.13kcal (6.36%), Fat: 1.72g (2.64%), Saturated Fat: 1.08g (6.76%), Carbohydrates: 28.03g (9.34%), Net Carbohydrates: 27.99g (10.18%), Sugar: 27.97g (31.07%), Cholesterol: 6.7mg (2.23%), Sodium: 41.21mg (1.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.62g (3.25%), Calcium: 66.45mg (6.65%), Vitamin B2: 0.09mg (5.29%), Phosphorus: 50.72mg (5.07%), Selenium: 3.09µg (4.41%), Copper: 0.06mg (2.98%), Potassium: 84.07mg (2.4%), Magnesium: 8.61mg (2.15%), Zinc: 0.26mg (1.75%), Vitamin B5: 0.16mg (1.62%), Vitamin B12: 0.09µg (1.45%), Vitamin B1: 0.02mg (1.18%), Vitamin A: 52.64IU (1.05%)