



## Hot Buttered Chai



Vegetarian



Gluten Free



Low Fod Map

READY IN



15 min.

SERVINGS



4

CALORIES



544 kcal

BEVERAGE

DRINK

## Ingredients

- ☐ 8 ounces brandy
- ☐ 1 cup brown sugar
- ☐ 8 tablespoons butter room temperature (1 stick)
- ☐ 5 chai spiced tea bags
- ☐ 2.5 inch ginger fresh peeled sliced into 4 pieces
- ☐ 16 ounces water boiling

## Equipment

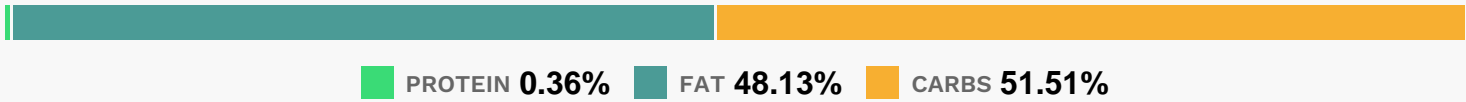
- ☐ bowl

☐ wooden spoon

## Directions

- ☐ In a small bowl cream butter and brown sugar together with a wooden spoon until evenly incorporated. Divide between 4 mugs.
- ☐ Place ginger and teabags in a heatsafe dish.
- ☐ Pour 16 ounces of boiling water over and let steep for 4 minutes, then strain.
- ☐ Pour two ounces of brandy in each mug then pour 4 ounces of steeped tea over top.
- ☐ Mix with a spoon until batter is full melted into the tea, then serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:20, Glycemic Load:0.11, Inflammation Score:-5, Nutrition Score:2.1282608547936%

## Nutrients (% of daily need)

Calories: 544.23kcal (27.21%), Fat: 22.74g (34.99%), Saturated Fat: 14.4g (90.01%), Carbohydrates: 54.75g (18.25%), Net Carbohydrates: 54.66g (19.88%), Sugar: 53.44g (59.38%), Cholesterol: 60.2mg (20.07%), Sodium: 202.25mg (8.79%), Alcohol: 18.94g (100%), Alcohol %: 9.2% (100%), Protein: 0.38g (0.77%), Vitamin A: 699.72IU (13.99%), Calcium: 56.47mg (5.65%), Vitamin E: 0.66mg (4.41%), Copper: 0.07mg (3.29%), Potassium: 99.16mg (2.83%), Manganese: 0.06mg (2.77%), Iron: 0.44mg (2.47%), Magnesium: 8.53mg (2.13%), Vitamin K: 1.96µg (1.87%), Vitamin B6: 0.03mg (1.55%), Selenium: 0.97µg (1.39%), Phosphorus: 12.68mg (1.27%), Vitamin B5: 0.11mg (1.12%)