

Hot Chai Latte

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



8

CALORIES



28 kcal

BEVERAGE

DRINK

Ingredients

- 3 peppercorns whole black
- 1 stick cinnamon (3 inch)
- 1 pinch ground nutmeg
- 1 cup milk
- 1 large strip orange peel
- 2 teaspoons tea leaves black
- 1 cup water
- 4 teaspoons sugar white

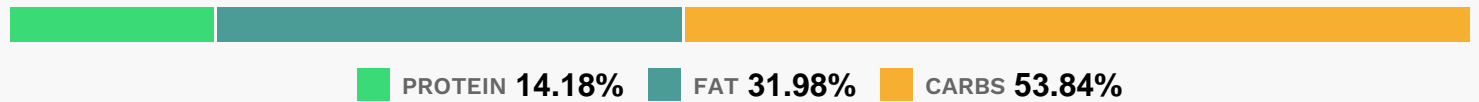
Equipment

- frying pan
- sauce pan

Directions

- Combine the milk and water in a saucepan over medium-high heat. Once this mixture has warmed, place the orange peel, cloves, cinnamon stick, peppercorns, nutmeg, sugar and tea leaves into the pan. Bring to a boil, then reduce heat to medium-low, and simmer until the color deepens to your liking. Strain out spices, and pour into cups.

Nutrition Facts



Properties

Glycemic Index:26.89, Glycemic Load:1.97, Inflammation Score:-1, Nutrition Score:1.3613043527888%

Flavonoids

Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Theaflavin: 0.02mg, Theaflavin: 0.02mg, Theaflavin: 0.02mg Thearubigins: 1mg, Thearubigins: 1mg, Thearubigins: 1mg, Thearubigins: 1mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg Theaflavin-3,3'-digallate: 0.02mg, Theaflavin-3,3'-digallate: 0.02mg, Theaflavin-3,3'-digallate: 0.02mg, Theaflavin-3,3'-digallate: 0.02mg Theaflavin-3'-gallate: 0.02mg, Theaflavin-3'-gallate: 0.02mg, Theaflavin-3'-gallate: 0.02mg, Theaflavin-3'-gallate: 0.02mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 28.09kcal (1.4%), Fat: 1.03g (1.59%), Saturated Fat: 0.6g (3.76%), Carbohydrates: 3.92g (1.31%), Net Carbohydrates: 3.63g (1.32%), Sugar: 3.51g (3.9%), Cholesterol: 3.66mg (1.22%), Sodium: 13.2mg (0.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.03g (2.07%), Manganese: 0.09mg (4.44%), Calcium: 43.6mg (4.36%), Phosphorus: 31.48mg (3.15%), Vitamin B12: 0.16µg (2.74%), Vitamin B2: 0.04mg (2.54%), Vitamin D: 0.34µg (2.24%), Potassium: 49.6mg (1.42%), Vitamin B1: 0.02mg (1.2%), Fiber: 0.29g (1.18%), Vitamin B5: 0.12mg (1.17%), Magnesium:

4.6mg (1.15%), Vitamin A: 52.08IU (1.04%)