



Indian Chai Hot Chocolate

 Gluten Free

READY IN



5 min.

SERVINGS



1

CALORIES



136 kcal

BEVERAGE

DRINK

Ingredients

- 1 chai spiced tea bags
- 0.6 ounce chocolate mix hot instant
- 0.5 cup milk
- 0.5 cup water

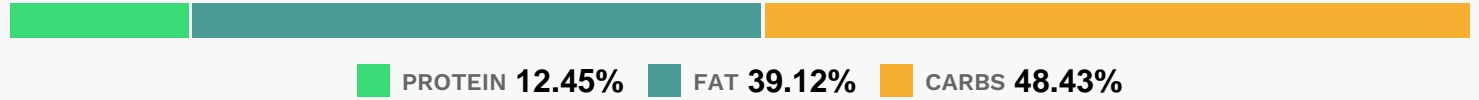
Equipment

- microwave

Directions

- Stir the water and milk together in a microwave-safe mug. Cook on high in the microwave for 1 1/2 minutes.
- Remove, and add the chai teabag. Allow tea to steep about 2 minutes.
- Remove the tea bag, and stir in the hot chocolate mix.

Nutrition Facts



Properties

Glycemic Index:38, Glycemic Load:2.16, Inflammation Score:-2, Nutrition Score:4.2821738765292%

Nutrients (% of daily need)

Calories: 135.57kcal (6.78%), Fat: 6.24g (9.6%), Saturated Fat: 3.83g (23.93%), Carbohydrates: 17.39g (5.8%), Net Carbohydrates: 16.77g (6.1%), Sugar: 15.22g (16.92%), Cholesterol: 14.64mg (4.88%), Sodium: 184.81mg (8.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.47g (8.94%), Calcium: 169.2mg (16.92%), Phosphorus: 123.22mg (12.32%), Vitamin B12: 0.66µg (10.98%), Vitamin B2: 0.17mg (9.9%), Vitamin D: 1.34µg (8.95%), Potassium: 183mg (5.23%), Vitamin B1: 0.07mg (4.55%), Vitamin B5: 0.46mg (4.55%), Vitamin A: 199.36IU (3.99%), Magnesium: 15.82mg (3.96%), Vitamin B6: 0.07mg (3.72%), Zinc: 0.51mg (3.41%), Selenium: 2.32µg (3.31%), Fiber: 0.62g (2.49%), Iron: 0.28mg (1.56%), Copper: 0.02mg (1.01%)