



Matcha Green Tea Ice Latte



Vegetarian



Gluten Free

READY IN



50 min.

SERVINGS



3

CALORIES



52 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 teaspoon tea powder green (matcha)
- ☐ 4 teaspoons honey
- ☐ 0.5 cup milk 2%
- ☐ 2.5 cups water hot

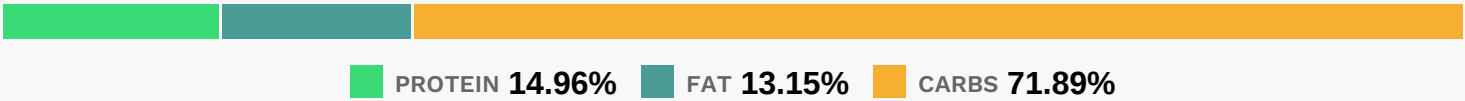
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Whisk the green tea powder, water, and milk together in a bowl; sweeten with the honey and continue whisking until dissolved into the tea. Chill completely in the refrigerator.
- ☐ Serve poured over ice.

Nutrition Facts



Properties

Glycemic Index:17.42, Glycemic Load:4.01, Inflammation Score:-1, Nutrition Score:1.4821739112553%

Nutrients (% of daily need)

Calories: 52.04kcal (2.6%), Fat: 0.78g (1.2%), Saturated Fat: 0.49g (3.09%), Carbohydrates: 9.58g (3.19%), Net Carbohydrates: 9.56g (3.48%), Sugar: 9.65g (10.73%), Cholesterol: 3.15mg (1.05%), Sodium: 28.72mg (1.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.99g (3.99%), Calcium: 53.67mg (5.37%), Vitamin B2: 0.08mg (4.49%), Phosphorus: 36.56mg (3.66%), Vitamin B12: 0.21µg (3.47%), Vitamin A: 106.79IU (2.14%), Copper: 0.04mg (1.86%), Potassium: 59.92mg (1.71%), Magnesium: 6.48mg (1.62%), Iron: 0.29mg (1.59%), Zinc: 0.23mg (1.53%), Selenium: 1.06µg (1.51%), Vitamin B5: 0.15mg (1.46%), Vitamin B1: 0.02mg (1.02%)