



Orange Spiced Chai



Vegetarian



Gluten Free

READY IN

ready

30 min.

SERVINGS

servings

4

CALORIES

calories

127 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 4 tea bags black
- ☐ 4 cinnamon sticks
- ☐ 1 teaspoon ground cardamom
- ☐ 3 tablespoons honey
- ☐ 1 cup milk
- ☐ 2 peels from 1/ orange
- ☐ 0.5 orange zest
- ☐ 4 cups water

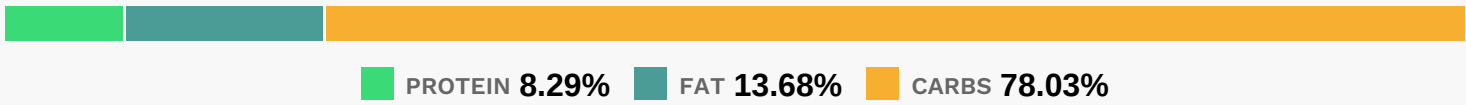
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ In a medium saucepan, over medium heat, add the water, cloves, cinnamon sticks and cardamom. Bring to a boil, then remove from the heat and cover. Allow to steep for 10 minutes. Strain the liquid, return it to the pan and reheat.
- ☐ Add the black tea bags, let them steep for a few minutes, and then add the orange peels and zest.
- ☐ Add the milk and stir in the honey.
- ☐ Pour into mugs and serve.

Nutrition Facts



Properties

Glycemic Index:35.69, Glycemic Load:10.52, Inflammation Score:-4, Nutrition Score:8.4021738560303%

Flavonoids

Hesperetin: 17.85mg, Hesperetin: 17.85mg, Hesperetin: 17.85mg, Hesperetin: 17.85mg Naringenin: 10.03mg, Naringenin: 10.03mg, Naringenin: 10.03mg, Naringenin: 10.03mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 126.92kcal (6.35%), Fat: 2.11g (3.25%), Saturated Fat: 1.16g (7.25%), Carbohydrates: 27.09g (9.03%), Net Carbohydrates: 23.33g (8.48%), Sugar: 22.07g (24.52%), Cholesterol: 7.32mg (2.44%), Sodium: 36.12mg (1.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.88g (5.76%), Vitamin C: 37.2mg (45.09%), Manganese: 0.78mg (39.14%), Fiber: 3.76g (15.04%), Calcium: 148.67mg (14.87%), Phosphorus: 74.86mg (7.49%), Vitamin B2: 0.12mg (7.06%), Potassium: 242.1mg (6.92%), Vitamin B1: 0.09mg (6.31%), Vitamin B12: 0.33µg (5.49%), Vitamin A: 262.82IU (5.26%), Folate: 20.63µg (5.16%), Magnesium: 20.13mg (5.03%), Vitamin B6: 0.09mg (4.48%), Vitamin D: 0.67µg (4.47%), Copper: 0.09mg (4.44%), Vitamin B5: 0.42mg (4.22%), Zinc: 0.46mg (3.06%), Iron: 0.5mg (2.8%),

Selenium: 1.74µg (2.48%), Vitamin B3: 0.33mg (1.67%), Vitamin E: 0.23mg (1.56%), Vitamin K: 1.27µg (1.21%)