

Pearl Tea



Vegetarian



Gluten Free



Low Fod Map

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READY IN

ready

36 min.

SERVINGS

servings

8

CALORIES

calories

268 kcal

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BEVERAGE

DRINK

Ingredients

- ☐ 10 chai tea bags black
- ☐ 1 cinnamon sticks
- ☐ 0.5 cup brown sugar dark
- ☐ 1 pint half-and-half
- ☐ 8 servings ice cubes
- ☐ 0.5 cup sugar
- ☐ 7 ounce pearl tapioca
- ☐ 1 cup water

☐ 7 cups water

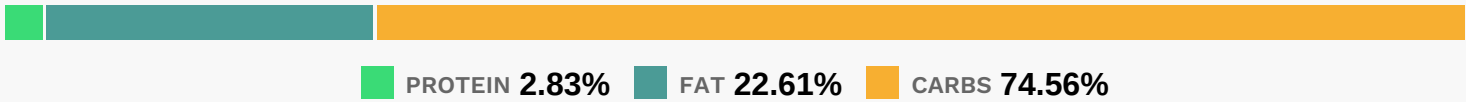
Equipment

- ☐ pot
- ☐ drinking straws

Directions

- ☐ Special equipment: Large barrel straws
- ☐ In a large pot, add the water and the pearl tapioca. Bring to a boil, over medium heat, then cover and cook for 16 minutes. Turn off the heat and allow it to sit another 15 minutes, covered. Strain into a container and add 1/3 cup of the Spiced Simple Syrup. Refrigerate until ready to serve.
- ☐ Bring 2 quarts of water to a boil over medium heat.
- ☐ Add the tea bags, let steep for 7 minutes and then remove. Allow the tea to cool.
- ☐ When ready to serve, add 1/3 cup tapioca pearls, 1/3 cup half-and-half, and 1/4 cup spiced simple syrup to each glass. Fill the glasses with ice and top with the tea.
- ☐ Serve with a wide barrel straw to get the pearls.
- ☐ Combine all the ingredients in a small pot. Bring to a boil over medium-high heat and cook for 5 minutes.
- ☐ Remove from heat and let cool. Strain the mixture into a glass jar and discard the cloves and cinnamon. The syrup will keep refrigerated for up to 2 weeks.

Nutrition Facts



Properties

Glycemic Index:19.09, Glycemic Load:25.65, Inflammation Score:-1, Nutrition Score:2.7004347832307%

Nutrients (% of daily need)

Calories: 267.74kcal (13.39%), Fat: 6.85g (10.54%), Saturated Fat: 4.16g (26%), Carbohydrates: 50.83g (16.94%), Net Carbohydrates: 50.38g (18.32%), Sugar: 29.1g (32.33%), Cholesterol: 20.7mg (6.9%), Sodium: 54.98mg (2.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.93g (3.86%), Calcium: 92.95mg (9.29%), Vitamin B2: 0.12mg

(6.9%), Phosphorus: 58.76mg (5.88%), Manganese: 0.11mg (5.68%), Vitamin A: 210.67IU (4.21%), Selenium: 2.34µg (3.35%), Copper: 0.07mg (3.3%), Iron: 0.56mg (3.12%), Potassium: 101.23mg (2.89%), Magnesium: 10.59mg (2.65%), Vitamin B5: 0.22mg (2.24%), Zinc: 0.3mg (2.02%), Vitamin B6: 0.04mg (1.89%), Vitamin B12: 0.11µg (1.87%), Fiber: 0.46g (1.82%), Vitamin B1: 0.02mg (1.26%), Vitamin E: 0.16mg (1.05%)