

Pumpkin Chai Latte



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



36 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 cup chai tea brewed
- ☐ 1 cup milk
- ☐ 2 tbsp pumpkin puree
- ☐ 2 tbsp sweetener (honey, syrup, agave nectar)

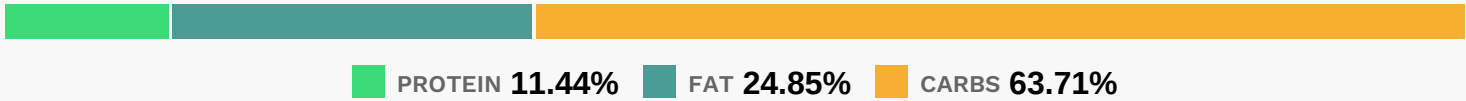
Equipment

- ☐ pot
- ☐ stove

Directions

- ☐ Brew tea in cup. In a small pot, add milk, pumpkin and sweetener. Turn stove on low heat and stir constantly until puree is dissolved.
- ☐ Remove from heat and add into prepared tea and stir.

Nutrition Facts



Properties

Glycemic Index:6.63, Glycemic Load:1.14, Inflammation Score:-5, Nutrition Score:2.0721738947474%

Flavonoids

Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg Epigallocatechin: 2.37mg, Epigallocatechin: 2.37mg, Epigallocatechin: 2.37mg, Epigallocatechin: 2.37mg Epicatechin: 0.63mg, Epicatechin: 0.63mg, Epicatechin: 0.63mg, Epicatechin: 0.63mg Epicatechin 3-gallate: 1.73mg, Epicatechin 3-gallate: 1.73mg, Epicatechin 3-gallate: 1.73mg, Epicatechin 3-gallate: 1.73mg Epigallocatechin 3-gallate: 2.76mg, Epigallocatechin 3-gallate: 2.76mg, Epigallocatechin 3-gallate: 2.76mg, Epigallocatechin 3-gallate: 2.76mg Theaflavin: 0.47mg, Theaflavin: 0.47mg, Theaflavin: 0.47mg Thearubigins: 23.98mg, Thearubigins: 23.98mg, Thearubigins: 23.98mg, Thearubigins: 23.98mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg Theaflavin-3,3'-digallate: 0.52mg, Theaflavin-3,3'-digallate: 0.52mg, Theaflavin-3,3'-digallate: 0.52mg, Theaflavin-3'-gallate: 0.45mg, Theaflavin-3'-gallate: 0.45mg, Theaflavin-3'-gallate: 0.45mg, Theaflavin-3'-gallate: 0.45mg Gallocatechin: 0.37mg, Gallocatechin: 0.37mg, Gallocatechin: 0.37mg, Gallocatechin: 0.37mg

Nutrients (% of daily need)

Calories: 36.15kcal (1.81%), Fat: 1.01g (1.55%), Saturated Fat: 0.57g (3.58%), Carbohydrates: 5.83g (1.94%), Net Carbohydrates: 5.71g (2.08%), Sugar: 5.16g (5.73%), Cholesterol: 3.66mg (1.22%), Sodium: 12.87mg (0.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 5.9mg (1.97%), Protein: 1.05g (2.09%), Vitamin A: 633.02IU (12.66%), Calcium: 38.54mg (3.85%), Manganese: 0.07mg (3.58%), Vitamin B2: 0.06mg (3.35%), Phosphorus: 32.47mg (3.25%), Vitamin B12: 0.16µg (2.74%), Vitamin D: 0.34µg (2.24%), Potassium: 64.6mg (1.85%), Vitamin K: 1.87µg (1.78%), Vitamin B6: 0.03mg (1.65%), Vitamin B1: 0.02mg (1.63%), Magnesium: 5.46mg (1.37%), Vitamin B5: 0.13mg (1.32%), Vitamin C: 1.05mg (1.27%)