

Slow Cooker Chai

 Vegetarian  Gluten Free

READY IN



500 min.

SERVINGS



16

CALORIES



89 kcal

BEVERAGE

DRINK

Ingredients

- 3 peppercorns whole black
- 8 ginger tea bags black
- 3 cinnamon sticks
- 15 slices ginger fresh peeled
- 15 cardamom pods split green seeded
- 14 ounce condensed milk sweetened canned
- 3.5 quarts water

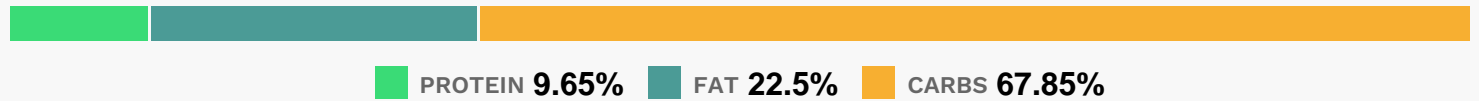
Equipment

slow cooker

Directions

- Pour water into the crock of a slow cooker. Stir in the ginger, cardamom pods, cloves, cinnamon sticks, and peppercorns. Turn to High; simmer for 8 hours.
- Steep tea bags in the hot spiced water for 5 minutes. Strain tea into a clean container. Stir in sweetened condensed milk; serve hot.

Nutrition Facts



Properties

Glycemic Index:7.38, Glycemic Load:8.33, Inflammation Score:-1, Nutrition Score:3.8939129930475%

Nutrients (% of daily need)

Calories: 88.63kcal (4.43%), Fat: 2.31g (3.55%), Saturated Fat: 1.38g (8.63%), Carbohydrates: 15.65g (5.22%), Net Carbohydrates: 14.74g (5.36%), Sugar: 13.54g (15.05%), Cholesterol: 8.43mg (2.81%), Sodium: 42.5mg (1.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.23g (4.45%), Manganese: 0.65mg (32.39%), Calcium: 90.8mg (9.08%), Phosphorus: 67.18mg (6.72%), Vitamin B2: 0.11mg (6.33%), Selenium: 3.71µg (5.29%), Fiber: 0.92g (3.66%), Potassium: 123.87mg (3.54%), Magnesium: 14.05mg (3.51%), Zinc: 0.41mg (2.75%), Copper: 0.05mg (2.54%), Iron: 0.38mg (2.09%), Vitamin B5: 0.19mg (1.92%), Vitamin B12: 0.11µg (1.82%), Vitamin B1: 0.03mg (1.78%), Vitamin C: 1.16mg (1.4%), Vitamin A: 68.27IU (1.37%), Vitamin B6: 0.02mg (1.05%)