

Thai Iced Tea

READY IN



5 min.

SERVINGS



2

CALORIES



425 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 2 servings ice cubes
- ☐ 16 ounce peach-flavored iced tea unsweetened (recommended: Lipton)
- ☐ 2 shots irish whiskey and cream based liqueur (recommended: Bailey's Irish Cream)
- ☐ 4 drops food coloring red
- ☐ 0.3 cup condensed milk sweetened
- ☐ 0.3 cup vanilla chai latte mix (recommended: Pacific Chai)
- ☐ 8 drops food coloring yellow

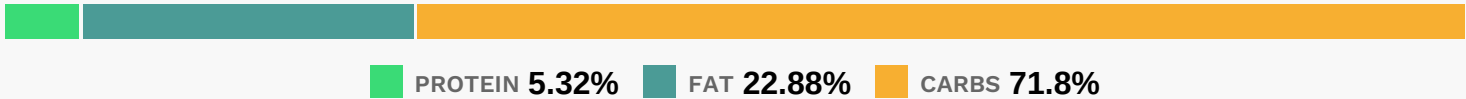
Equipment

- ☐ pot
- ☐ stove

Directions

- ☐ Heat tea in a pot on the stove until hot, but not boiling.
- ☐ Add sweetened condensed milk and chai latte mix. Stir until latte mix is dissolved. Stir in remaining ingredients and let cool to room temperature. Stir in Irish whiskey and cream-based liqueur, if desired.
- ☐ Fill highball or iced tea glass with ice.
- ☐ Pour tea over ice.

Nutrition Facts



Properties

Glycemic Index:30.5, Glycemic Load:12.69, Inflammation Score:-2, Nutrition Score:5.0582608658334%

Nutrients (% of daily need)

Calories: 424.65kcal (21.23%), Fat: 9.77g (15.03%), Saturated Fat: 6.01g (37.55%), Carbohydrates: 69g (23%), Net Carbohydrates: 68.8g (25.02%), Sugar: 59.25g (65.84%), Cholesterol: 13.02mg (4.34%), Sodium: 187.82mg (8.17%), Alcohol: 5.99g (100%), Alcohol %: 1.97% (100%), Caffeine: 11.34mg (3.78%), Protein: 5.11g (10.23%), Manganese: 0.4mg (20.14%), Phosphorus: 160.96mg (16.1%), Calcium: 157.36mg (15.74%), Vitamin B2: 0.2mg (11.71%), Selenium: 7.24µg (10.34%), Potassium: 175.98mg (5.03%), Vitamin B1: 0.07mg (4.95%), Folate: 17.07µg (4.27%), Magnesium: 14.79mg (3.7%), Vitamin B5: 0.34mg (3.41%), Zinc: 0.47mg (3.15%), Vitamin B12: 0.17µg (2.81%), Vitamin B3: 0.52mg (2.59%), Iron: 0.43mg (2.39%), Copper: 0.04mg (2.05%), Vitamin A: 102.13IU (2.04%), Vitamin E: 0.22mg (1.47%), Vitamin B6: 0.02mg (1.23%), Vitamin C: 0.99mg (1.21%)