



Thai-Style Iced Tea



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



135 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 15 ginger tea bags black
- ☐ 0.5 cup cup heavy whipping cream
- ☐ 10 star anise
- ☐ 3 tablespoons sugar
- ☐ 0.5 cup condensed milk sweetened
- ☐ 1 vanilla pod

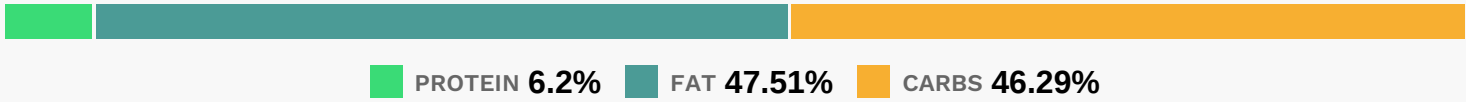
Equipment

- ☐ sauce pan

Directions

- ☐ Combine 10 star anise pods, 3 tablespoons sugar, and 1 cup water in a small saucepan. Scrape in seeds from 1 vanilla bean; add bean. Bring to a boil, reduce heat, and simmer 10 minutes.
- ☐ Transfer to a large pitcher.
- ☐ Add 15 black tea bags and 7 cups cold water. Cover; chill at least 4 hours. Strain into another large pitcher. Stir in 1/2 cup heavy cream and 1/2 cup sweetened condensed milk until dissolved.
- ☐ Serve over ice.

Nutrition Facts



Properties

Glycemic Index:17.01, Glycemic Load:9.51, Inflammation Score:-2, Nutrition Score:2.4047825958418%

Nutrients (% of daily need)

Calories: 134.97kcal (6.75%), Fat: 7.34g (11.29%), Saturated Fat: 4.48g (27.99%), Carbohydrates: 16.09g (5.36%), Net Carbohydrates: 15.91g (5.78%), Sugar: 15.33g (17.03%), Cholesterol: 23.31mg (7.77%), Sodium: 28.55mg (1.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.16g (4.31%), Calcium: 72.25mg (7.23%), Vitamin B2: 0.11mg (6.59%), Phosphorus: 62.51mg (6.25%), Vitamin A: 273.61IU (5.47%), Selenium: 3.37µg (4.81%), Potassium: 103.19mg (2.95%), Iron: 0.52mg (2.86%), Magnesium: 8.14mg (2.03%), Vitamin B5: 0.19mg (1.91%), Zinc: 0.28mg (1.88%), Vitamin D: 0.28µg (1.84%), Vitamin B12: 0.11µg (1.8%), Vitamin B1: 0.02mg (1.63%), Manganese: 0.03mg (1.51%), Vitamin B6: 0.02mg (1.15%), Vitamin E: 0.17mg (1.12%), Vitamin C: 0.85mg (1.03%)