



Very Popular Bubble Tea

 Vegetarian  Gluten Free

READY IN



90 min.

SERVINGS



1

CALORIES



263 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 cup freshly tea black brewed
- ☐ 1 cup ice cubes
- ☐ 2 tablespoons milk
- ☐ 0.3 cup pearl tapioca
- ☐ 4 teaspoons sugar white

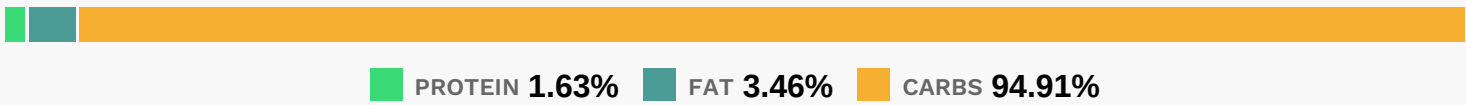
Equipment

- ☐ sauce pan

Directions

- ☐ In a small saucepan, bring 2 cups water to a boil. Stir in 1 teaspoon sugar until it dissolves. Toss in the pearl tapioca. Cook for about 20 minutes. Rinse, drain, and refrigerate until chilled.
- ☐ Pour tea, milk, and 4 teaspoons sugar into a cocktail shaker. Stir until the sugar has dissolved and the milk is well mixed in.
- ☐ Add the ice cubes, and shake so the whole drink can get cold.
- ☐ Pour into a glass, and add tapioca.

Nutrition Facts



Properties

Glycemic Index:185.76, Glycemic Load:46.25, Inflammation Score:-9, Nutrition Score:3.358695625287%

Flavonoids

Catechin: 3.56mg, Catechin: 3.56mg, Catechin: 3.56mg, Catechin: 3.56mg Epigallocatechin: 19mg, Epigallocatechin: 19mg, Epigallocatechin: 19mg, Epigallocatechin: 19mg Epicatechin: 5.03mg, Epicatechin: 5.03mg, Epicatechin: 5.03mg, Epicatechin: 5.03mg Epicatechin 3-gallate: 13.83mg, Epicatechin 3-gallate: 13.83mg, Epicatechin 3-gallate: 13.83mg, Epicatechin 3-gallate: 13.83mg Epigallocatechin 3-gallate: 22.09mg, Epigallocatechin 3-gallate: 22.09mg, Epigallocatechin 3-gallate: 22.09mg, Epigallocatechin 3-gallate: 22.09mg Theaflavin: 3.73mg, Theaflavin: 3.73mg, Theaflavin: 3.73mg, Theaflavin: 3.73mg Thearubigins: 191.87mg, Thearubigins: 191.87mg, Thearubigins: 191.87mg, Thearubigins: 191.87mg Kaempferol: 3.33mg, Kaempferol: 3.33mg, Kaempferol: 3.33mg, Kaempferol: 3.33mg Myricetin: 1.06mg, Myricetin: 1.06mg, Myricetin: 1.06mg, Myricetin: 1.06mg Quercetin: 5.17mg, Quercetin: 5.17mg, Quercetin: 5.17mg, Quercetin: 5.17mg Theaflavin-3,3'-digallate: 4.13mg, Theaflavin-3,3'-digallate: 4.13mg, Theaflavin-3,3'-digallate: 4.13mg, Theaflavin-3,3'-digallate: 4.13mg Theaflavin-3'-gallate: 3.56mg, Theaflavin-3'-gallate: 3.56mg, Theaflavin-3'-gallate: 3.56mg, Theaflavin-3'-gallate: 3.56mg Gallocatechin: 2.95mg, Gallocatechin: 2.95mg, Gallocatechin: 2.95mg, Gallocatechin: 2.95mg

Nutrients (% of daily need)

Calories: 263.35kcal (13.17%), Fat: 1.02g (1.57%), Saturated Fat: 0.57g (3.53%), Carbohydrates: 62.98g (20.99%), Net Carbohydrates: 62.53g (22.74%), Sugar: 19.11g (21.23%), Cholesterol: 3.6mg (1.2%), Sodium: 30.98mg (1.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 47.2mg (15.73%), Protein: 1.08g (2.16%), Manganese: 0.57mg (28.72%), Calcium: 54.29mg (5.43%), Iron: 0.86mg (4.75%), Vitamin B2: 0.08mg (4.56%), Potassium: 138.21mg (3.95%), Copper: 0.07mg (3.65%), Phosphorus: 36.21mg (3.62%), Folate: 13.83µg (3.46%), Magnesium: 13.55mg (3.39%), Vitamin B12: 0.16µg (2.7%), Vitamin D: 0.33µg (2.2%), Vitamin B5: 0.21mg (2.06%), Fiber: 0.46g (1.82%), Zinc: 0.26mg (1.71%), Selenium: 1.07µg (1.53%), Vitamin B1: 0.02mg (1.26%), Vitamin B6: 0.02mg (1.12%)