



Whisky Tea



Vegetarian



Gluten Free

READY IN



2 min.

SERVINGS



1

CALORIES



135 kcal

BEVERAGE

DRINK

Ingredients

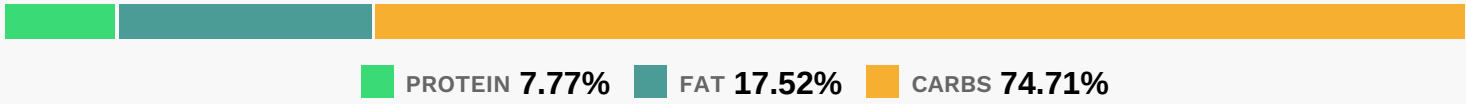
- ☐ 1 tablespoon milk
- ☐ 1 tea bag
- ☐ 1 cup water boiling
- ☐ 1.5 fluid ounce jigger irish whiskey
- ☐ 1 teaspoon sugar white

Equipment

Directions

- ☐
- Pour boiling water into a mug, and place the tea bag in to steep for about 1 minute.
- ☐
- Remove and discard the tea bag.
- ☐
- Pour in the whiskey, milk and sugar as desired. Stir, drink, give me good rating, then relax.

Nutrition Facts



Properties

Glycemic Index:123.09, Glycemic Load:3.07, Inflammation Score:-2, Nutrition Score:0.68739130283179%

Nutrients (% of daily need)

Calories: 135.29kcal (6.76%), Fat: 0.49g (0.76%), Saturated Fat: 0.28g (1.74%), Carbohydrates: 4.73g (1.58%), Net Carbohydrates: 4.73g (1.72%), Sugar: 4.76g (5.29%), Cholesterol: 1.8mg (0.6%), Sodium: 17.57mg (0.76%), Alcohol: 15.97g (100%), Alcohol %: 6.66% (100%), Protein: 0.49g (0.98%), Calcium: 25.59mg (2.56%), Copper: 0.04mg (2.22%), Phosphorus: 16.48mg (1.65%), Vitamin B12: 0.08µg (1.35%), Vitamin B2: 0.02mg (1.29%), Vitamin D: 0.17µg (1.1%), Magnesium: 4.17mg (1.04%)