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## Chai Latte

Chai latte is a delicious and creamy beverage made with black tea, spices, milk, and sweetener. It originated in India and is now enjoyed worldwide. The tea is brewed with a blend of spices such as cinnamon, cardamom, ginger, and cloves, giving it a warm and aromatic flavor. The brewed tea is then mixed with steamed milk and sweetened to taste.

**Recipe Type:** Standard

**Prep Time:** 10 mins

**Cook Time:** 10 mins

**Total Time:** 20 mins

**Recipe Yield:** 200 grams

**Number of Servings:** 2

**Serving Size:** 100 g

### Ingredients

<b>1.5 c</b>	Water
<b>2 tbsp</b>	Black Tea Leaves
<b>1 piece</b>	cinnamon stick
<b>4 pieces</b>	cardamom pods

<b>4 pieces</b>	Cloves
<b>1 teaspoon</b>	Ginger
<b>1.5 c</b>	Milk
<b>2 tbsp</b>	Sugar

## Directions

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### Step 1

Stove

In a saucepan, bring water to a boil.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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### Step 2

Stove

Add black tea leaves, cinnamon stick, cardamom pods, cloves, and ginger to the boiling water. Reduce heat and let it simmer for 5 minutes.

**Prep Time:** 2 mins

**Cook Time:** 5 mins

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### Step 3

Stove

Add milk and sugar to the saucepan. Stir well and heat until hot, but not boiling.

**Prep Time:** 2 mins

**Cook Time:** 3 mins

## Step 4

Strain the chai latte into cups and serve hot.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

## Nutrition Facts

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**Calories:** 120 kcal

**Fat:** 4 g

**Protein:** 4 g

**Carbohydrates:** 18 g

## Nutrition Facts

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### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	4 g	23.53%	23.53%

## Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	18 g	32.73%	36%
Fibers	1 g	2.63%	4%
Sugars	15 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	1 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	4 g	14.29%	16%
Cholesterol	10 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	4 iu	0.44%	0.57%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin C	0 mg	0%	0%
Vitamin B6	0 mg	0%	0%
Vitamin B12	4 mcg	166.67%	166.67%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	10 mcg	66.67%	66.67%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	60 mg	2.61%	2.61%
Calcium	15 mg	1.5%	1.5%
Iron	2 mg	25%	11.11%
Potassium	180 mg	5.29%	6.92%
Zinc	2 mg	18.18%	25%
Selenium	2 mcg	3.64%	3.64%

## Recipe Attributes

### Seasonality

Summer Fall

### Events

Christmas

Thanksgiving

Mother's Day

### Cuisines

Chinese

Mexican

### Course

Drinks

Salads

Snacks

Sauces & Dressings

### Cultural

Chinese New Year

Diwali

Christmas

### Cost

Under \$10

### Demographics

Kids Friendly

Senior Friendly

Teen Friendly

Diabetic Friendly

Heart Healthy

### Meal Type

Breakfast

Lunch

Snack

### Difficulty Level

Easy

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