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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

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

4 pieces	Cloves
1 teaspoon	Ginger
1.5 c	Milk
2 tbsp	Sugar

Directions

Step 1

Stove

In a saucepan, bring water to a boil.

Prep Time: 2 mins

Cook Time: 0 mins

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

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

Calories: 120 kcal

Fat: 4 g

Protein: 4g

Carbohydrates: 18 g

Nutrition Facts

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%

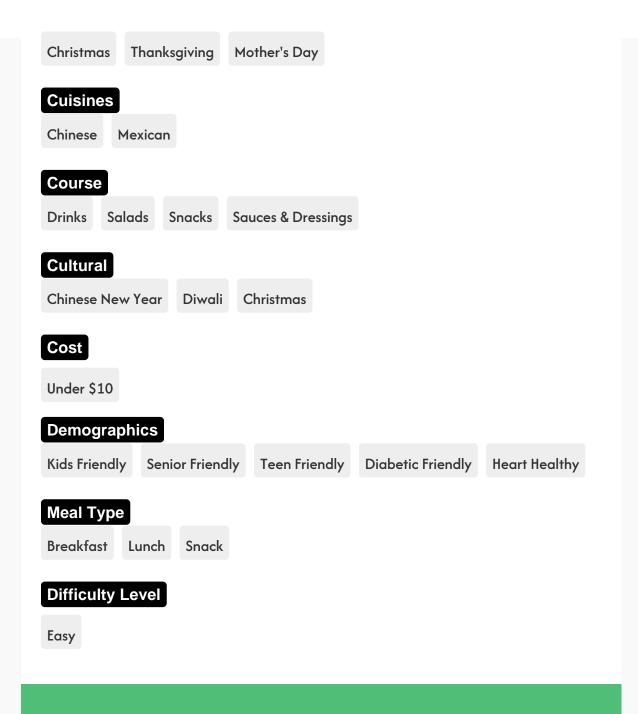
Recipe Attributes

Seasonality

Summer

Fall

Events



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