

# Karak Chai Tea (Sweet Cardamom Milk Black Tea)

Yield: 6 min  
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/indian-karak-chai-recipe>

## Ingredients:

- 6 cups water
- 2 tablespoons loose leaf tea black
- 1 tablespoon ground cardamom fresh, or mashed cardamom pods
- 6 tablespoons sweetened condensed milk
- 2 tablespoons sugar
- 8 saffron strands of, optional

## Nutrition:

1. Calories: 90 calories
2. Carbohydrate: 18 grams
3. Cholesterol: 5 milligrams
4. Fat: 2 grams
5. Fiber: 1 grams
6. Protein: 2 grams
7. SaturatedFat: 1 grams
8. Sodium: 35 milligrams
9. Sugar: 14 grams

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