

# Ginger Tea/Adrak Chai

Yield: 4 min  
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/pakistani-adrak-chai-recipe>

## Ingredients:

- 1 cup milk
- 1 cup water
- 1 teaspoon tea leaves
- 1 inch ginger peeled and crushed
- sugar to taste

## Nutrition:

1. Calories: 60 calories
2. Carbohydrate: 9 grams
3. Cholesterol: 5 milligrams
4. Fat: 1.5 grams
5. Protein: 3 grams
6. SaturatedFat: 0.5 grams
7. Sodium: 45 milligrams
8. Sugar: 9 grams

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