DietCloud – Recipe

Recipe Name: Kesar Chai Recipe - A Delicious Saffron Flavored Indian Tea

Diet Type:

Course: North Indian Breakfast

Cuisine: North Indian Recipes

Quantity:



Description

Kesar Chai, an exquisite saffron-flavored Indian tea, offers a warm and aromatic embrace. This comforting beverage is brewed with strong tea leaves, milk, and generously infused with delicate saffron strands, giving it a beautiful golden hue and distinctive flavor. It is typically served hot in small glasses, often enjoyed as a revitalizing morning drink or an evening pick-me-up.
[PROS]
- Saffron is known for its antioxidant properties and may help improve mood.
- Tea contains compounds like L-theanine which can promote relaxation and focus.
- Milk provides calcium and Vitamin D (if fortified), essential for bone health.
[CONS]
- Caffeine content from tea leaves may not be suitable for all individuals, especially those sensitive to stimulants.
- If sugar is added (not listed but common), it increases caloric intake and can impact blood sugar levels.
- Lactose in milk can be an issue for individuals with lactose intolerance.
[DIETITIAN REVIEW]
This Kesar Chai recipe offers a delightful and flavorful way to enjoy a traditional Indian beverage. The inclusion of saffron provides potent antioxidants, while tea offers L-theanine for mental clarity. While it provides some nutritional benefits, mindful consumption, especially regarding added sugar if used, is recommended. Score: 8/10

Ingredients

Ingredient	Quantity
• Water	2 cups
• Tea leaves	1 teaspoon
• Milk	1/4 cup
• Saffron strands	10 strands

Preparation

• 1.

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- In a saucepan, bring 2 cups of water to a boil.
- 2.
- Add the tea leaves to the boiling water and let it simmer for 1-2 minutes until the water is deeply colored.
- 3.
- Gently crush or rub the saffron strands between your fingers to release their aroma, then add them to the simmering tea.
- 4.
- Pour in the milk and continue to simmer on low heat for another 2-3 minutes, stirring occasionally, ensuring the tea does not boil over.
- 5.
- Remove from heat and strain the Kesar Chai into a serving cup, discarding the tea leaves and saffron strands (or leave saffron strands for garnish).
- 6.
- Serve hot and enjoy your delicious saffron-flavored Indian tea.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
120	3	25	4	2	20