

Recipe Name: Gulkand Chai Recipe - A Delicious Rose Flavored Indian Tea

Diet Type:

Course: North Indian Breakfast

Cuisine: North Indian Recipes

Quantity:



Ingredients

Ingredient	Quantity
• 2 cups Water	2
• 1 teaspoon Tea leaves	
• 1/4 cup Milk	
• 2 tablespoons Gulkand	

Preparation

- To begin making the Gulkand Chai, add water into a sauce pan and allow it to come to a brisk boil.
- Once it begins to boil; add the tea leaves.
- Allow the tea leaves to simmer in the water for about a minute and turn off the heat.
- Stir in the milk into the cha.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
120	2	25	4	1	20