



Buchi

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



70 min.

SERVINGS



10

CALORIES



1017 kcal

SIDE DISH

Ingredients

- 1 quart cooking oil
- 3.5 ounces mung beans green
- 2 cups glutinous rice
- 0.1 teaspoon salt
- 0.3 cup water
- 2 tablespoons granulated sugar white

Equipment

- bowl

sauce pan

pot

Directions

Combine the mung beans and 1 cup water in a pot and bring to a boil; boil over medium heat until the beans are very tender, about 30 minutes. Mash the beans thoroughly. Stir 1/2 cup sugar into the mashed beans; set aside.

Mix the glutinous rice flour, 2 tablespoons sugar, salt, and 1/4 cup water together in a large bowl; knead together just enough to form a ball. Divide the ball into small pieces and roll into balls. Flatten each ball of dough, and spoon 1 tablespoon of the mashed bean mixture into the middle of the dough. Wrap the dough around the bean mixture and pinch the edges together to seal. Repeat until all the dough and paste is used.

Heat oil in a deep-fryer or large saucepan to 350 degrees F (175 degrees C).

Fry the balls in batches in the hot oil until golden brown, 5 to 10 minutes per batch.

Serve hot.

Nutrition Facts



PROTEIN 1.9% **FAT 83.02%** **CARBS 15.08%**

Properties

Glycemic Index:15.31, Glycemic Load:25.9, Inflammation Score:-3, Nutrition Score:12.559130411433%

Nutrients (% of daily need)

Calories: 1017.15kcal (50.86%), Fat: 94.96g (146.09%), Saturated Fat: 7.04g (44%), Carbohydrates: 38.83g (12.94%), Net Carbohydrates: 36.17g (13.15%), Sugar: 3.05g (3.39%), Cholesterol: 0mg (0%), Sodium: 33.47mg (1.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.89g (9.77%), Vitamin E: 16.61mg (110.75%), Vitamin K: 68.37µg (65.11%), Manganese: 0.46mg (23.16%), Folate: 64.6µg (16.15%), Fiber: 2.65g (10.61%), Selenium: 6.42µg (9.16%), Vitamin B1: 0.13mg (8.55%), Copper: 0.16mg (7.89%), Iron: 1.26mg (7.01%), Magnesium: 27.32mg (6.83%), Phosphorus: 62.69mg (6.27%), Vitamin B3: 1.02mg (5.09%), Vitamin B5: 0.49mg (4.94%), Zinc: 0.71mg (4.74%), Potassium: 152.18mg (4.35%), Vitamin B6: 0.08mg (3.87%), Vitamin B2: 0.04mg (2.58%), Calcium: 17.39mg (1.74%)