



Calas



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



30

CALORIES



197 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.5 cups rice hot cooked
- ☐ 0.5 package yeast dry
- ☐ 3 eggs beaten
- ☐ 1.3 cups flour all-purpose
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 30 servings powdered sugar sifted
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup sugar

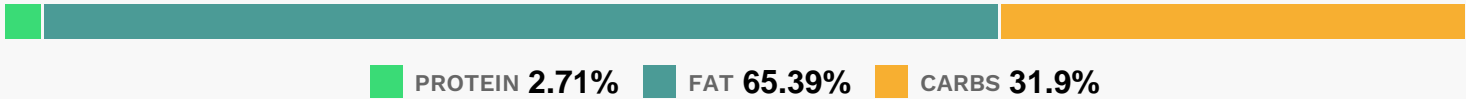
- ☐ 30 servings vegetable oil
- ☐ 0.5 cup warm water (105° to 115°)

Equipment

Directions

- ☐ Mash rice grains, and cool to lukewarm. Dissolve yeast in warm water, and stir into rice. Cover, and let rise overnight in a warm place (85), free from drafts.
- ☐ Add eggs, flour, sugar, salt, and nutmeg to rice mixture, beating until smooth. Cover, and let stand in a warm place (8
- ☐ for 30 minutes.
- ☐ Heat 3 inches of oil to 360; drop dough by tablespoonfuls into hot oil. Cook about 3 minutes or until golden brown.
- ☐ Drain; sprinkle with powdered sugar.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:10.8, Glycemic Load:6.43, Inflammation Score:-1, Nutrition Score:2.8826086715512%

Nutrients (% of daily need)

Calories: 197.28kcal (9.86%), Fat: 14.51g (22.33%), Saturated Fat: 2.29g (14.33%), Carbohydrates: 15.93g (5.31%), Net Carbohydrates: 15.72g (5.72%), Sugar: 9.53g (10.58%), Cholesterol: 16.37mg (5.46%), Sodium: 45.63mg (1.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.35g (2.71%), Vitamin K: 25.78µg (24.55%), Vitamin E: 1.2mg (7.98%), Selenium: 3.78µg (5.4%), Vitamin B1: 0.06mg (3.81%), Manganese: 0.08mg (3.77%), Folate: 14.58µg (3.64%), Vitamin B2: 0.05mg (3.14%), Vitamin B3: 0.39mg (1.95%), Iron: 0.35mg (1.92%), Phosphorus: 18.51mg (1.85%), Vitamin B5: 0.14mg (1.37%)