



## Chi Chi Dango Mochi

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



70 min.

SERVINGS



15

CALORIES



247 kcal

DESSERT

### Ingredients

- 1 teaspoon double-acting baking powder
- 14 ounce coconut milk canned
- 1.5 cups potato flour
- 0.3 teaspoon purple gel food coloring red
- 1 teaspoon vanilla extract
- 2 cups water
- 2.5 cups sugar white

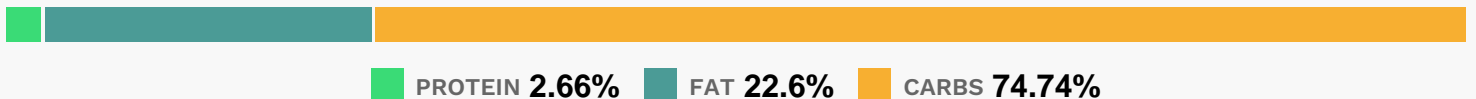
### Equipment

- bowl
- frying pan
- oven
- knife
- whisk
- aluminum foil

## Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease a 9x13 inch pan.
- Whisk together the rice flour, sugar and baking powder; set aside.
- In a medium bowl, mix together the water, vanilla, coconut milk and red food coloring. Blend in the rice flour mixture.
- Pour into the prepared pan.
- Cover the pan with foil and bake for 1 hour. Allow to cool completely.
- Turn the pan of mochi out onto a clean surface that has been dusted with potato starch.
- Cut into bite size pieces using a plastic knife. The mochi does not stick as much to plastic knives.

## Nutrition Facts



## Properties

Glycemic Index:10.81, Glycemic Load:23.34, Inflammation Score:-1, Nutrition Score:3.2773913416364%

## Nutrients (% of daily need)

Calories: 247.22kcal (12.36%), Fat: 6.46g (9.94%), Saturated Fat: 5.6g (34.98%), Carbohydrates: 48.07g (16.02%), Net Carbohydrates: 46.54g (16.92%), Sugar: 34.75g (38.61%), Cholesterol: 0mg (0%), Sodium: 42.97mg (1.87%), Alcohol: 0.09g (100%), Alcohol %: 0.11% (100%), Protein: 1.71g (3.42%), Manganese: 0.29mg (14.72%), Potassium: 230.86mg (6.6%), Vitamin B6: 0.13mg (6.59%), Fiber: 1.53g (6.11%), Phosphorus: 59.2mg (5.92%), Copper: 0.11mg (5.48%), Magnesium: 20.61mg (5.15%), Iron: 0.7mg (3.9%), Vitamin B3: 0.76mg (3.82%), Calcium: 31.61mg (3.16%), Vitamin B1: 0.04mg (2.89%), Selenium: 2.02µg (2.88%), Folate: 8.23µg (2.06%), Zinc: 0.27mg (1.8%), Vitamin C: 1.35mg (1.63%), Vitamin B5: 0.12mg (1.24%)