



## Chi Chi Dango Mochi

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



70 min.

SERVINGS



15

CALORIES



359 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
- 1 pound mochiko (glutinous rice flour)

## 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



PROTEIN 4.12%  FAT 16.3%  CARBS 79.58%

## Properties

Glycemic Index:16.34, Glycemic Load:43.14, Inflammation Score:-1, Nutrition Score:5.4378260852688%

## Nutrients (% of daily need)

Calories: 359.11kcal (17.96%), Fat: 6.62g (10.19%), Saturated Fat: 5.63g (35.19%), Carbohydrates: 72.77g (24.26%), Net Carbohydrates: 70.4g (25.6%), Sugar: 34.75g (38.61%), Cholesterol: 0mg (0%), Sodium: 45.09mg (1.96%), Alcohol: 0.09g (100%), Alcohol %: 0.08% (100%), Protein: 3.77g (7.54%), Manganese: 0.59mg (29.45%), Fiber: 2.37g (9.49%), Selenium: 6.58µg (9.4%), Vitamin B6: 0.16mg (8.21%), Phosphorus: 80.67mg (8.07%), Copper: 0.16mg

(8.06%), Potassium: 254.15mg (7.26%), Vitamin B3: 1.41mg (7.06%), Magnesium: 27.56mg (6.89%), Iron: 1.18mg (6.58%), Vitamin B1: 0.1mg (6.52%), Zinc: 0.63mg (4.22%), Vitamin B5: 0.37mg (3.74%), Calcium: 34.94mg (3.49%), Folate: 10.35µg (2.59%), Vitamin B2: 0.03mg (1.85%), Vitamin C: 1.35mg (1.63%)