



## Cinnamon-scented Rice Milk

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



12

CALORIES



181 kcal

BEVERAGE

DRINK

### Ingredients

- 1.5 teaspoons ground cinnamon
- 1 cup sugar
- 4 teaspoons vanilla
- 2 cups rice long-grain white

### Equipment

- bowl
- blender

## Directions

- In a bowl, combine rice and 10 cups water; cover and chill until grains break easily when squeezed, about 24 hours, or up to 2 days.
- In a blender, whirl about 2 cups of the rice mixture with sugar, vanilla, and cinnamon until sugar is dissolved and mixture is smooth; pour into a large bowl or pitcher (at least 3 1/2 qt.). Whirl remaining rice mixture without seasonings, in batches if necessary; add to bowl and stir until well blended with flavored batch. Taste, and add more sugar if desired.
- Just before serving, stir mixture (ground rice will have settled to bottom). Fill glasses with ice cubes, then horchata.

## Nutrition Facts

 **PROTEIN 4.97%**  **FAT 1.32%**  **CARBS 93.71%**

## Properties

Glycemic Index:11.36, Glycemic Load:26.48, Inflammation Score:-1, Nutrition Score:2.3960869258837%

## Nutrients (% of daily need)

Calories: 181.17kcal (9.06%), Fat: 0.26g (0.4%), Saturated Fat: 0.06g (0.35%), Carbohydrates: 41.62g (13.87%), Net Carbohydrates: 41.09g (14.94%), Sugar: 16.84g (18.72%), Cholesterol: 0mg (0%), Sodium: 1.85mg (0.08%), Alcohol: 0.46g (100%), Alcohol %: 1.18% (100%), Protein: 2.21g (4.42%), Manganese: 0.38mg (19.14%), Selenium: 4.76µg (6.81%), Phosphorus: 35.7mg (3.57%), Copper: 0.07mg (3.54%), Vitamin B5: 0.31mg (3.14%), Vitamin B6: 0.05mg (2.57%), Vitamin B3: 0.5mg (2.51%), Zinc: 0.34mg (2.29%), Fiber: 0.53g (2.13%), Magnesium: 8.02mg (2%), Iron: 0.28mg (1.54%), Vitamin B1: 0.02mg (1.45%), Vitamin B2: 0.02mg (1.16%), Calcium: 11.45mg (1.15%), Potassium: 38.84mg (1.11%)