



Golden Rice Crisps



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



228 kcal

Ingredients

- ☐ 0.3 cup coconut milk canned
- ☐ 0.3 cup cornstarch
- ☐ 3 servings fish sauce
- ☐ 2 tablespoons spring onion thinly sliced
- ☐ 0.5 teaspoon turmeric dried
- ☐ 0.5 cup rice flour (see notes)
- ☐ 1 tablespoon salad oil

Equipment

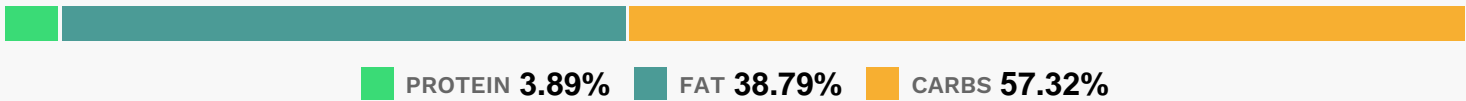
- ☐ bowl

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ spatula

Directions

- ☐ In a bowl, mix rice flour, cornstarch, and turmeric.
- ☐ Add 1 cup water (see notes) and the coconut milk, and whisk to blend. Stir in green onion.
- ☐ Set a 12-inch nonstick frying pan (about 10 inches across bottom) over high heat. When pan is hot, add 1 teaspoon oil and tilt to coat bottom.
- ☐ Stir rice flour batter to blend.
- ☐ Pour 1/2 cup batter into pan all at once and tilt pan to cover entire bottom evenly.
- ☐ Cook until crpe is browned and crisp on the bottom, 3 to 5 minutes. With a wide spatula, transfer to a 14- by 17-inch baking sheet. Repeat to cook 2 more crpes, adding in a single layer to sheet as cooked (use 2 sheets).
- ☐ Bake in a 350 regular or convection oven until crpes are crisp, 8 to 12 minutes.
- ☐ Transfer to racks to cool.
- ☐ Break off pieces and dip into seasoned fish sauce to eat.

Nutrition Facts



Properties

Glycemic Index:35, Glycemic Load:14.16, Inflammation Score:-9, Nutrition Score:4.5600000211726%

Flavonoids

Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

Nutrients (% of daily need)

Calories: 228.3kcal (11.42%), Fat: 9.85g (15.16%), Saturated Fat: 4.68g (29.24%), Carbohydrates: 32.76g (10.92%),
Net Carbohydrates: 31.41g (11.42%), Sugar: 0.84g (0.93%), Cholesterol: 0mg (0%), Sodium: 83.23mg (3.62%),
Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.22g (4.44%), Manganese: 0.54mg (27.18%), Vitamin K: 11.67µg
(11.12%), Selenium: 5.7µg (8.14%), Vitamin B6: 0.14mg (6.76%), Vitamin E: 0.91mg (6.06%), Fiber: 1.35g (5.4%),
Magnesium: 20.25mg (5.06%), Phosphorus: 49.96mg (5%), Copper: 0.1mg (4.95%), Vitamin B3: 0.9mg (4.52%),
Iron: 0.68mg (3.76%), Vitamin B1: 0.04mg (2.99%), Potassium: 95.52mg (2.73%), Vitamin B5: 0.26mg (2.59%), Zinc:
0.39mg (2.57%), Folate: 7.47µg (1.87%), Vitamin C: 1.4mg (1.7%)