



Hong Kong Walnut Sweet Soup

 Vegetarian  Gluten Free

READY IN



75 min.

SERVINGS



5

CALORIES



394 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4.3 cups milk divided
- 0.3 cup condensed milk sweetened
- 1 cup walnut pieces chopped
- 0.5 cup rice white uncooked

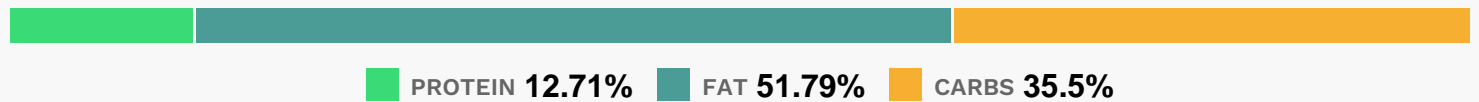
Equipment

- sauce pan
- blender

Directions

- Soak rice in water for an hour, then drain.
- Place rice and walnuts into a blender with 1 1/4 cup of milk and blend until smooth.
- Pour the walnut mixture into a saucepan and bring to a boil over medium heat. Slowly stir in the remaining 3 cups of milk, adding more milk if the soup becomes too thick. Stir in the sweetened condensed milk.

Nutrition Facts



Properties

Glycemic Index:36.04, Glycemic Load:17.99, Inflammation Score:-5, Nutrition Score:14.446087085682%

Flavonoids

Cyanidin: 0.63mg, Cyanidin: 0.63mg, Cyanidin: 0.63mg, Cyanidin: 0.63mg

Nutrients (% of daily need)

Calories: 394.11kcal (19.71%), Fat: 23.35g (35.92%), Saturated Fat: 6.17g (38.53%), Carbohydrates: 36.01g (12%), Net Carbohydrates: 34.2g (12.44%), Sugar: 18.93g (21.04%), Cholesterol: 30.09mg (10.03%), Sodium: 99.64mg (4.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.89g (25.78%), Manganese: 1.01mg (50.47%), Phosphorus: 350.42mg (35.04%), Calcium: 326.67mg (32.67%), Vitamin B2: 0.39mg (23.18%), Copper: 0.42mg (20.86%), Vitamin B12: 1.19µg (19.79%), Magnesium: 70.46mg (17.62%), Vitamin D: 2.31µg (15.41%), Vitamin B1: 0.22mg (14.84%), Vitamin B6: 0.29mg (14.52%), Selenium: 10.15µg (14.49%), Potassium: 492.33mg (14.07%), Zinc: 1.92mg (12.79%), Vitamin B5: 1.21mg (12.09%), Vitamin A: 381.52IU (7.63%), Fiber: 1.81g (7.23%), Folate: 26.09µg (6.52%), Iron: 0.86mg (4.77%), Vitamin B3: 0.81mg (4.04%), Vitamin E: 0.31mg (2.08%), Vitamin K: 1.36µg (1.3%)