

Horchata



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



1455 min.

SERVINGS



6

CALORIES



454 kcal

SIDE DISH

Ingredients

- ☐ 2 cups almonds skinless
- ☐ 1 inch cinnamon bark
- ☐ 6 servings ice cubes
- ☐ 0.5 cup sugar
- ☐ 0.3 teaspoon vanilla extract
- ☐ 8 cups water
- ☐ 1 cup rice long grain white

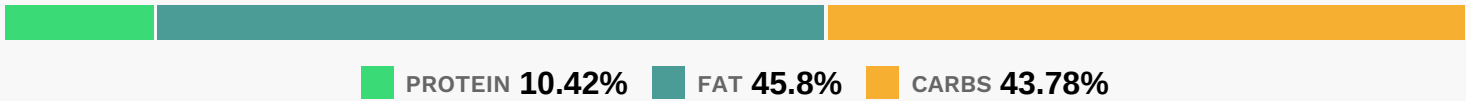
Equipment

- ☐ bowl
- ☐ sieve
- ☐ blender
- ☐ cheesecloth

Directions

- ☐ Wash and drain the rice. Using a spice grinder (an electric coffee grinder works well too), grind the rice until fine; combine with the almonds and cinnamon bark.
- ☐ Add 3 1/2 cups water and let sit overnight, covered. Blend rice mixture until smooth using a blender.
- ☐ Add 2 1/2 cups of water and continue blending.
- ☐ Add sugar and vanilla extract. Strain horchata into a bowl first using a metal strainer and then a double layer of cheesecloth; finish with up to an additional 2 cups of water until it achieves a milky consistency. Enjoy over ice.

Nutrition Facts



Properties

Glycemic Index:24.38, Glycemic Load:26.91, Inflammation Score:-6, Nutrition Score:17.448695487869%

Flavonoids

Cyanidin: 1.17mg, Cyanidin: 1.17mg, Cyanidin: 1.17mg, Cyanidin: 1.17mg Catechin: 0.61mg, Catechin: 0.61mg, Catechin: 0.61mg, Catechin: 0.61mg Epigallocatechin: 1.23mg, Epigallocatechin: 1.23mg, Epigallocatechin: 1.23mg, Epigallocatechin: 1.23mg Epicatechin: 0.29mg, Epicatechin: 0.29mg, Epicatechin: 0.29mg, Epicatechin: 0.29mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Isorhamnetin: 1.26mg, Isorhamnetin: 1.26mg, Isorhamnetin: 1.26mg, Isorhamnetin: 1.26mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 453.59kcal (22.68%), Fat: 24.04g (36.99%), Saturated Fat: 1.87g (11.67%), Carbohydrates: 51.7g (17.23%), Net Carbohydrates: 45.26g (16.46%), Sugar: 18.77g (20.85%), Cholesterol: 0mg (0%), Sodium: 20.79mg (0.9%), Alcohol: 0.06g (100%), Alcohol %: 0.02% (100%), Protein: 12.31g (24.62%), Vitamin E: 12.24mg (81.6%), Manganese: 1.45mg (72.74%), Magnesium: 140.24mg (35.06%), Vitamin B2: 0.56mg (33.05%), Copper: 0.62mg (31%),

Phosphorus: 264.85mg (26.49%), Fiber: 6.45g (25.79%), Calcium: 149.86mg (14.99%), Zinc: 1.87mg (12.44%), Iron: 2.04mg (11.32%), Vitamin B3: 2.22mg (11.11%), Potassium: 386.15mg (11.03%), Selenium: 6.72µg (9.59%), Vitamin B1: 0.12mg (7.96%), Folate: 23.45µg (5.86%), Vitamin B6: 0.12mg (5.81%), Vitamin B5: 0.54mg (5.37%)