



Horchata Made Easy



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



20 min.

SERVINGS



10

CALORIES



133 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon ground cinnamon
- ☐ 2 quarts rice milk
- ☐ 1 cup water
- ☐ 0.5 cup sugar white

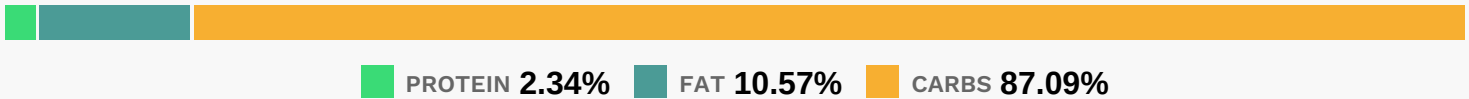
Equipment

- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Heat water, sugar, and cinnamon in a saucepan over medium heat. Simmer until sugar is dissolved, whisking occasionally, about 5 minutes. Allow mixture to cool for 10 minutes.
- ☐ Pour rice milk into a large pitcher.
- ☐ Stir sugar water into rice milk.
- ☐ Serve chilled or over ice.

Nutrition Facts



Properties

Glycemic Index:15.41, Glycemic Load:22.56, Inflammation Score:1, Nutrition Score:0.13913043458825%

Nutrients (% of daily need)

Calories: 133.26kcal (6.66%), Fat: 1.6g (2.47%), Saturated Fat: 0g (0%), Carbohydrates: 29.72g (9.91%), Net Carbohydrates: 29.7g (10.8%), Sugar: 18.65g (20.72%), Cholesterol: 0mg (0%), Sodium: 73.21mg (3.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.8g (1.59%), Calcium: 20.24mg (2.02%)