

# Indian Horchata

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



243 kcal

SIDE DISH

## Ingredients

- 1 cup rice white rinsed
- 1 cinnamon sticks
- 3 cardamom pods green
- 0.3 cup sugar
- 1 teaspoon vanilla extract

## Equipment

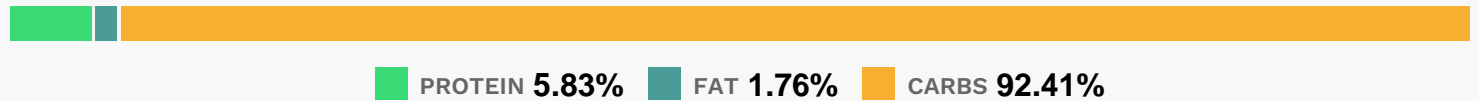
- food processor
- bowl

- sieve
- blender
- cheesecloth

## Directions

- Whirl rice in a food processor to break into small pieces.
- Pour into a bowl and add 3 1/2 cups water, cinnamon stick and cardamom pods. Cover and let stand overnight.
- Stir in sugar and vanilla. Pure half in batches in a blender until very smooth, about 1 1/2 minutes. Strain twice, through 3 layers of damp cheesecloth and then through a very fine strainer, into a pitcher.
- Pour over ice.

## Nutrition Facts



## Properties

Glycemic Index:35.32, Glycemic Load:33.93, Inflammation Score:-1, Nutrition Score:5.0878261245139%

## Nutrients (% of daily need)

Calories: 242.69kcal (12.13%), Fat: 0.47g (0.72%), Saturated Fat: 0.1g (0.6%), Carbohydrates: 55.44g (18.48%), Net Carbohydrates: 53.95g (19.62%), Sugar: 16.83g (18.7%), Cholesterol: 0mg (0%), Sodium: 2.93mg (0.13%), Alcohol: 0.34g (100%), Alcohol %: 0.66% (100%), Protein: 3.49g (6.99%), Manganese: 1.08mg (53.95%), Selenium: 7.11µg (10.16%), Fiber: 1.49g (5.94%), Phosphorus: 56.48mg (5.65%), Copper: 0.11mg (5.62%), Vitamin B5: 0.47mg (4.72%), Zinc: 0.63mg (4.23%), Vitamin B6: 0.08mg (4.05%), Magnesium: 15.64mg (3.91%), Vitamin B3: 0.77mg (3.86%), Iron: 0.66mg (3.68%), Calcium: 27.74mg (2.77%), Vitamin B1: 0.04mg (2.38%), Potassium: 75.56mg (2.16%), Vitamin B2: 0.03mg (1.76%)