

Lola's Horchata



Vegetarian



Gluten Free



Popular

READY IN



190 min.

SERVINGS



6

CALORIES



215 kcal

SIDE DISH

Ingredients

- ☐ 0.5 tablespoon ground cinnamon
- ☐ 0.5 cup milk
- ☐ 0.5 tablespoon vanilla extract
- ☐ 5 cups water
- ☐ 1 cup rice long-grain white uncooked
- ☐ 0.7 cup sugar white

Equipment

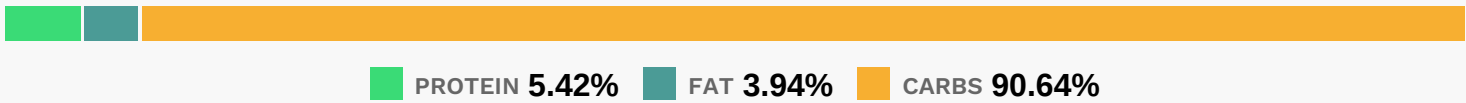
- ☐ bowl

☐ blender

Directions

- ☐ Pour the rice and water into the bowl of a blender; blend until the rice just begins to break up, about 1 minute.
- ☐ Let rice and water stand at room temperature for a minimum of 3 hours.
- ☐ Strain the rice water into a pitcher and discard the rice. Stir the milk, vanilla, cinnamon, and sugar into the rice water. Chill and stir before serving over ice.

Nutrition Facts



Properties

Glycemic Index:29.05, Glycemic Load:30.72, Inflammation Score:-1, Nutrition Score:3.4330434655852%

Nutrients (% of daily need)

Calories: 215.06kcal (10.75%), Fat: 0.93g (1.44%), Saturated Fat: 0.44g (2.73%), Carbohydrates: 48.41g (16.14%), Net Carbohydrates: 47.65g (17.33%), Sugar: 23.34g (25.94%), Cholesterol: 2.44mg (0.81%), Sodium: 19.51mg (0.85%), Alcohol: 0.37g (100%), Alcohol %: 0.17% (100%), Protein: 2.89g (5.79%), Manganese: 0.46mg (22.81%), Selenium: 5.2µg (7.42%), Phosphorus: 56.49mg (5.65%), Copper: 0.1mg (5.21%), Calcium: 46.58mg (4.66%), Vitamin B5: 0.39mg (3.91%), Vitamin B6: 0.06mg (3.22%), Magnesium: 12.65mg (3.16%), Zinc: 0.45mg (3.03%), Fiber: 0.75g (3.02%), Vitamin B2: 0.05mg (2.86%), Vitamin B3: 0.53mg (2.64%), Vitamin B1: 0.03mg (2.22%), Potassium: 70.88mg (2.03%), Vitamin B12: 0.11µg (1.83%), Iron: 0.31mg (1.75%), Vitamin D: 0.22µg (1.49%)