



Masato de Arroz (Colombian Rice Drink)



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



5

CALORIES



174 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 cinnamon sticks
- ☐ 5 servings ground cinnamon for serving
- ☐ 0.7 cup rice uncooked
- ☐ 0.5 cup sugar (to your taste)
- ☐ 6 cups water

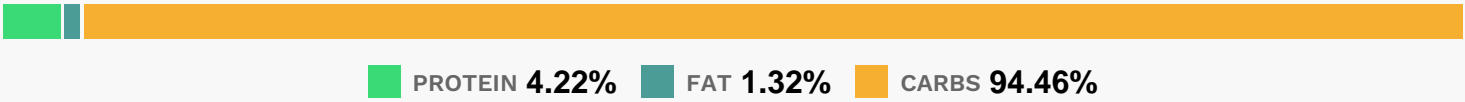
Equipment

- ☐ pot
- ☐ blender

Directions

- ☐ Place rice and the cinnamon stick in a pot and cover with two cups of water. Cook for about 25 minutes or until tender. Discard the cinnamon stick.
- ☐ Pour cooked rice into a blender with two cups of water and blend until smooth. Strain the mixture. In a small pot, heat up the sugar and one cup of water on medium heat until the sugar has dissolved. Bring back the mixture to the pot over low heat and cook for 20 minutes.
- ☐ Add the sugar mixture and the cloves.
- ☐ Add one more cup of water and serve over ice or chilled.

Nutrition Facts



Properties

Glycemic Index:28.26, Glycemic Load:25.87, Inflammation Score:-1, Nutrition Score:3.5830435373861%

Nutrients (% of daily need)

Calories: 173.7kcal (8.69%), Fat: 0.26g (0.4%), Saturated Fat: 0.05g (0.34%), Carbohydrates: 41.82g (13.94%), Net Carbohydrates: 40.06g (14.57%), Sugar: 20.05g (22.28%), Cholesterol: 0mg (0%), Sodium: 15.9mg (0.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.87g (3.73%), Manganese: 0.74mg (37.04%), Fiber: 1.75g (7.02%), Selenium: 3.93µg (5.61%), Copper: 0.11mg (5.51%), Calcium: 42.68mg (4.27%), Phosphorus: 30.09mg (3.01%), Magnesium: 10.63mg (2.66%), Vitamin B5: 0.26mg (2.6%), Iron: 0.43mg (2.4%), Zinc: 0.35mg (2.32%), Vitamin B6: 0.04mg (2.24%), Vitamin B3: 0.43mg (2.15%), Vitamin B1: 0.02mg (1.19%), Potassium: 40.4mg (1.15%)