



## Matcha Mochi Cups



Vegetarian



Gluten Free



Popular

READY IN



18 min.

SERVINGS



2

CALORIES



262 kcal

DESSERT

### Ingredients

- ☐ 0.3 tsp double-acting baking powder
- ☐ 1 eggs
- ☐ 1 tsp matcha tea powder green
- ☐ 5 tbsp milk
- ☐ 4 tbsp glutinous rice flour
- ☐ 4 tbsp sugar

### Equipment

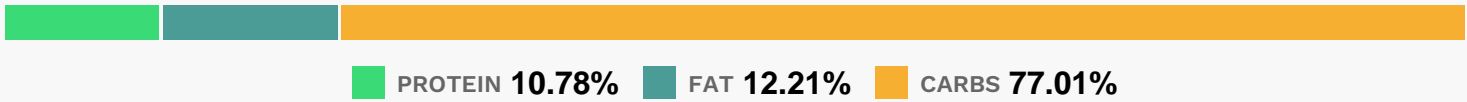
- ☐ bowl

☐ microwave

## Directions

- ☐ Combine flour, sugar, baking powder and matcha powder in a small bowl. Make sure to thoroughly mix before adding in liquids or else the matcha powder will separate and you'll end up with many chunks of matcha powder that won't smooth out.
- ☐ Add in the egg and milk and stir until smooth. There may be a few bits of matcha powder that don't completely mix, but that's okay. You'll just have a few dark green specks in your mochi.
- ☐ Take 2 teacups, pour half of mixture into one and half into the second tea cup. Cook 1 teacup in microwave for 1 min 30 seconds. Repeat with second tea cup.
- ☐ Serve after mochi has cooled

## Nutrition Facts



## Properties

Glycemic Index:141.55, Glycemic Load:36.92, Inflammation Score:-2, Nutrition Score:5.7769565290731%

## Nutrients (% of daily need)

Calories: 262.04kcal (13.1%), Fat: 3.53g (5.43%), Saturated Fat: 1.42g (8.87%), Carbohydrates: 50.12g (16.71%), Net Carbohydrates: 49.29g (17.92%), Sugar: 25.84g (28.71%), Cholesterol: 86.34mg (28.78%), Sodium: 108.75mg (4.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.01g (14.03%), Selenium: 12.08µg (17.25%), Manganese: 0.3mg (14.83%), Phosphorus: 115.02mg (11.5%), Vitamin B2: 0.17mg (10.18%), Calcium: 95.72mg (9.57%), Vitamin B5: 0.72mg (7.21%), Iron: 1.29mg (7.19%), Vitamin B12: 0.4µg (6.64%), Vitamin D: 0.85µg (5.68%), Vitamin A: 279.55IU (5.59%), Vitamin B1: 0.08mg (5.53%), Zinc: 0.79mg (5.3%), Vitamin B6: 0.09mg (4.6%), Magnesium: 14.09mg (3.52%), Vitamin B3: 0.69mg (3.45%), Copper: 0.07mg (3.43%), Fiber: 0.83g (3.32%), Potassium: 109.97mg (3.14%), Folate: 12.41µg (3.1%), Vitamin E: 0.25mg (1.67%)