

GLUTEN FREE

Rosemary-Garlic Journey Cakes

6 October 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	20	\$0.34	266 kcal

Rosemary-Garlic Journey Cakes requires about 45 minutes from start to finish. For 34 cents per serving, this recipe covers 4% of your daily requirements of vitamins and minerals. One portion of this dish contains around 4g of protein, 16g of fat, and a total of 266 calories. This recipe serves 20.

Ingredients

- ☐ 1½ tablespoons butter, melted
- ☐ ¼ cup finely chopped fresh or dried rosemary
- ☐ 2 cups milk
- ☐ 2 cups cold, cooked aromatic rice
- ☐ 2 teaspoons salt
- ☐ 2 large eggs, lightly beaten
- ☐ 1 tablespoon finely chopped garlic
- ☐ 20 servings Peanut oil
- ☐ 1½ cups rice flour

EQUIPMENT Bowl, Frying pan, Paper towels

Method

- 1

Stir together rice and next 7 ingredients in a large bowl.
- 2

Pour oil to a depth of 1/4 inch into a large, heavy skillet; heat to 35
- 3

Drop batter by 1/4 cupfuls into hot oil; fry in batches 2 minutes on each side or until golden.
- 4

Drain on wire racks over paper towels.

5 Serve immediately.

Nutrition per serving

266	4 g	16 g	26 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			3.6 g · 23% of daily needs
Fibre			0.6 g · 2% of daily needs
Sugar			1.2 g · 1% of daily needs
Sodium			257 mg · 11% of daily needs
Cholesterol			23.8 mg · 8% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/rosemary-garlic-journey-cakes-148283