



S. H. Fernando Jr.'s Hoppers



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



210 min.

SERVINGS



10

CALORIES



322 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon baking soda
- ☐ 625 ml coconut milk (slightly more if using rice flour)
- ☐ 1 teaspoon yeast dry
- ☐ 3 tablespoons cooking oil
- ☐ 454 g rice flour
- ☐ 10 servings salt to taste
- ☐ 0.1 teaspoon sugar
- ☐ 65 ml water lukewarm

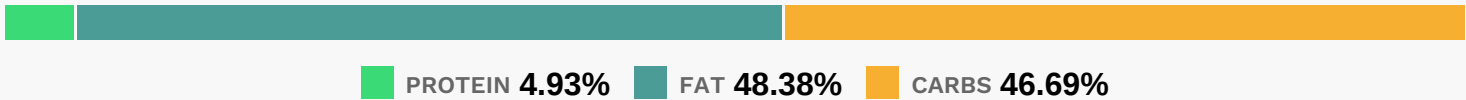
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Dissolve yeast in the lukewarm water. Sift flour into a bowl.
- ☐ Add salt, sugar, yeast mixture and mix well to form a stiff dough. Set aside to rise for 2 to 3 hours.
- ☐ Add the coconut milk and a pinch of baking soda to the dough and set aside for another hour.
- ☐ Mix well.
- ☐ Oil a hopper pan (or similar spherical pan) and heat over medium flame.
- ☐ Pour in a spoonful of batter and rotate pan so whole surface is covered. Cook until hopper is crispy around the edges (about 2 minutes). Continuing making hoppers, oiling pan after each hopper is made.Variation: For an egg hopper, after pouring batter into pan, break an egg in the center and cover and cook until done.

Nutrition Facts



Properties

Glycemic Index:23.51, Glycemic Load:25.66, Inflammation Score:-2, Nutrition Score:7.1773913891419%

Nutrients (% of daily need)

Calories: 322.11kcal (16.11%), Fat: 17.6g (27.08%), Saturated Fat: 11.78g (73.63%), Carbohydrates: 38.23g (12.74%), Net Carbohydrates: 37.06g (13.48%), Sugar: 0.1g (0.12%), Cholesterol: 0mg (0%), Sodium: 229.4mg (9.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.03g (8.07%), Manganese: 1mg (50.24%), Iron: 2.14mg (11.88%), Vitamin B6: 0.22mg (10.97%), Magnesium: 43.59mg (10.9%), Phosphorus: 103.79mg (10.38%), Selenium: 6.88µg (9.83%), Copper: 0.19mg (9.74%), Vitamin B3: 1.68mg (8.41%), Vitamin B1: 0.11mg (7.33%), Vitamin E: 0.78mg (5.23%), Vitamin B5: 0.51mg (5.05%), Zinc: 0.72mg (4.82%), Potassium: 168.86mg (4.82%), Fiber: 1.17g (4.69%), Folate: 17.45µg (4.36%), Vitamin K: 3µg (2.85%), Calcium: 15.7mg (1.57%), Vitamin B2: 0.02mg (1.29%)