



Sunday Brunch: Empty Fridge Congee



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



762 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings carrots diced finely
- ☐ 4 servings chili paste depending on your taste pref
- ☐ 4 servings fish sauce dried
- ☐ 4 servings fish sauce to taste
- ☐ 2 cloves garlic minced
- ☐ 1 knob ginger mashed finely
- ☐ 4 servings goat meat shredded cooked finely
- ☐ 4 servings peas frozen

- ☐ 4 servings sesame seed toasted
- ☐ 1 cup short grain rice
- ☐ 4 servings soya sauce to taste
- ☐ 4 servings spam lite diced crisp
- ☐ 4 cups water

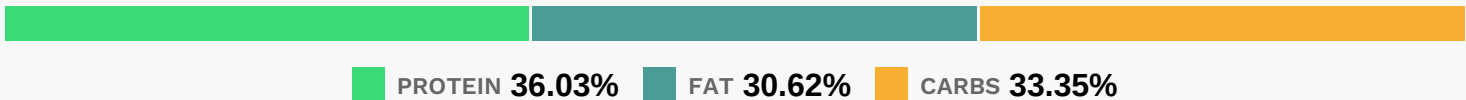
Equipment

- ☐ pot

Directions

- ☐ Combine rice, water, garlic and ginger in a pot and bring to a simmer. Simmer until rice is tender, adding more water as needed to reach desired consistency. This can take from 20 minutes to an hour, depending on the texture and consistency you like your congee.
- ☐ Once the right consistency is reached, add the ingredients that need to simmer for a minute or two (frozen peas, minced carrots) then season to taste with fish sauce and soy sauce. When adding a fish sauce, make sure to add a little at a time—too much fish sauce can be added very easily.
- ☐ Either stir-in or top with other ingredients, and serve piping hot with a soothing cup of tea.

Nutrition Facts



Properties

Glycemic Index:67.04, Glycemic Load:36.73, Inflammation Score:-10, Nutrition Score:45.716521926548%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 761.67kcal (38.08%), Fat: 25.5g (39.23%), Saturated Fat: 7.58g (47.37%), Carbohydrates: 62.47g (20.82%), Net Carbohydrates: 54.01g (19.64%), Sugar: 7.62g (8.47%), Cholesterol: 195.8mg (65.27%), Sodium: 2232.42mg (97.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 67.5g (135.01%), Vitamin A: 11317.23IU (226.34%), Vitamin B3: 30.87mg (154.37%), Selenium: 97.28µg (138.97%), Vitamin B6: 2.23mg (111.75%), Phosphorus: 784.05mg (78.41%), Manganese: 1.26mg (62.79%), Vitamin B1: 0.92mg (61.18%), Folate: 197.19µg (49.3%), Potassium: 1574.17mg (44.98%), Vitamin C: 36.13mg (43.8%), Vitamin B5: 4.2mg (41.96%), Magnesium: 149.7mg (37.43%), Copper: 0.75mg (37.33%), Iron: 6.27mg (34.86%), Fiber: 8.45g (33.82%), Vitamin B2: 0.53mg (31.26%), Zinc: 4.55mg (30.31%), Vitamin K: 26.92µg (25.64%), Calcium: 148.13mg (14.81%), Vitamin B12: 0.71µg (11.81%), Vitamin E: 1.21mg (8.04%), Vitamin D: 0.56µg (3.75%)