



THE Kimchi COOKBOOK

LAUDYN CHUN

Sweet Rice Flour Porridge from 'The Kimchi Cookbook



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



20 min.

SERVINGS



4

CALORIES



14 kcal

SIDE DISH

Ingredients

- 2 tablespoons rice flour sweet
- 1 cup water divided

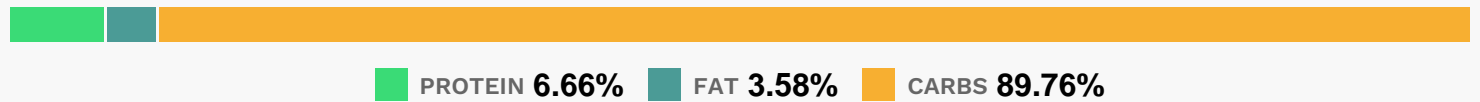
Equipment

- sauce pan
- whisk

Directions

- Prepare an ice bath. In a small saucepan, bring 3/4 cups of water to a boil. Meanwhile, dissolve the sweet rice flour in the remaining 1/4 cup of cold water.
- Whisk the flour mixture into the boiling water and stir for 15 to 30 seconds until the mixture thickens and resembles white school glue.
- Remove from heat, set in ice bath to cool and allow to come to room temperature, stirring, 5 to 10 minutes. If making ahead, transfer the mixture to a container and refrigerate until needed. Sweet rice-flour porridge will keep for up to 3 days, refrigerated.

Nutrition Facts



Properties

Glycemic Index:17, Glycemic Load:1.98, Inflammation Score:-1, Nutrition Score:0.33347826232405%

Nutrients (% of daily need)

Calories: 13.73kcal (0.69%), Fat: 0.05g (0.08%), Saturated Fat: 0.01g (0.09%), Carbohydrates: 3g (1%), Net Carbohydrates: 2.91g (1.06%), Sugar: 0g (0%), Cholesterol: 0mg (0%), Sodium: 2.96mg (0.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.22g (0.45%), Manganese: 0.05mg (2.25%)