

Banana Rice Porridge

Yield: 4 min
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/vegetarian-vietnamese-rice-porridge-recipe>

Ingredients:

- 3/4 cup milk 3.5% fat
- 3 tablespoons rice flake, about 20 grams
- 1/4 banana ripe, about 50 grams

Nutrition:

1. Calories: 50 calories
2. Carbohydrate: 7 grams
3. Cholesterol: 5 milligrams
4. Fat: 1 grams
5. Protein: 2 grams
6. SaturatedFat: 0.5 grams
7. Sodium: 35 milligrams
8. Sugar: 4 grams

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