



# Dietary Guidelines

## Red Bean Soup with Rice Balls

### Recipe

Serves 6-8

#### Soup

- ◆ 1 cup dry adzuki beans, Japanese red beans
- ◆ 6 - 8 cups water
- ◆ 1 teaspoon orange zest
- ◆ 2 teaspoon fresh grated ginger, or 6 thin sliced
- ◆ 6 - 8 tablespoons brown sugar, more to taste



#### Mochi Balls

- ◆ 1/2 cup mochiko/ glutinous rice flour/ sticky rice flour
- ◆ 2 1/2- 2 1/2 oz hot water

#### Directions

1. Soak the beans overnight, or for at least 8 hours. Drain.
2. In a large pot add all the ingredients including the soaked red beans.
3. Bring mixture to a boil and then reduce heat to medium/ low and cook for 2- 3 hours or until beans are soft.
4. To make mochi balls combine hot water and rice flour, form into small round balls about the size of a pea. Boil in water for 3 minutes, and then add into cooked red beans to serve.

## Nutritional Information



225 grams ~ 1 cup  
 % based on Daily Value  
 \*based on a 2,000 calorie diet

### Nutrition

Serving Size: **220 grams**  
 Calories **145**  
 Calories from fat **3**  
 Total Fat **0.3 grams (0%)**  
 Cholesterol **0 mg (0%)**  
 Sodium **9mg (0%)**  
 Total Carbohydrate **30.4 grams (10%)**  
 Dietary Fiber **3.5 grams (14%)**  
 Sugars **6.6 grams**  
 Protein **5.5 grams**

### Vitamins

Vitamin A: **0%**  
 Vitamin C: **1%**  
 Calcium: **3%**  
 Iron: **8%**

### Nutrition Grade

**A**