

REBOSADONG GULAY



ESTIMATED ENERGY AND NUTRIENT CONTENT PER SERVING SIZE

Energy, kcal	485
Protein, g	8.61
Vit. A, µg RE	621
Vit. C, mg	113.1
Thiamin, mg	0.158
Riboflavin, mg	0.309
Niacin, mg	4.25
Calcium, mg	244.3
Iron, mg	5.02

Yield: 10 Serving
Serving size: 3 pcs (30g/pc)

Ingredients	As purchased Market Order guide	Edible Portion Weight	Household Measure
•Flour, all-purpose, enriched	120 ml	120 ml	2 Tbsp
•Egg, chicken, whole, beaten	2 pcs	90 g	2 pcs
•Salt, iodized	5 g	5 g	1 tsp
•Baking powder	10 g	7.5 g	½ Tbsp
•Tokwa, mashed	150 g	150 g	1 ½ cups
•Water	80 ml	80 ml	½ cup
•Sesame seeds, ground	10 g	7.5 g	½ Tbsp
•Malunggay, leaves	715 g	400 g	1 ½ cups
•Squash, sliced thinly	255 g	180 g	¾ cup
•Kinchay, sliced thinly	160 g	120 g	¾ cup
•Kamote, yellow, sliced thinly	205 g	180 g	¾ cup
•Togue	130 g	120 g	¾ cup
•Oil, coconut, for frying	360 ml	360 ml	1 ½ cups

Procedure

1. Combine flour, egg, salt, baking powder, mashed tokwa and water. Mix well.
2. Add sesame seeds, malunggay, squash, kinchay, kamote and togue. Mix well. Form into frying shape (Rebosado).
3. Fry under medium flame until golden brown.

Mga Recipe Ng Pagkain

KJ Lindholm-Leary



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