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2014. But don't be fooled – although it is a rice-based dish, a bowl of congee is not necessarily high in carbohydrate load due to the high water ratio, especially compared to modern American breakfast fare. Add in some meat, eggs, vegetables, etc., and carbohydrates take a back seat to protein, fiber, ... Congee/Jook/Rice Porridge | Molly B. Shapiro L.Ac., Dipl. O.M. -

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