

Asian Coconut Rice



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular



Low Fod Map

READY IN



25 min.

SERVINGS



4

CALORIES



485 kcal

SIDE DISH

Ingredients

- ☐ 14 ounce coconut milk canned
- ☐ 1.5 cups jasmine rice uncooked
- ☐ 1 pinch salt
- ☐ 1 teaspoon sugar
- ☐ 1.3 cups water

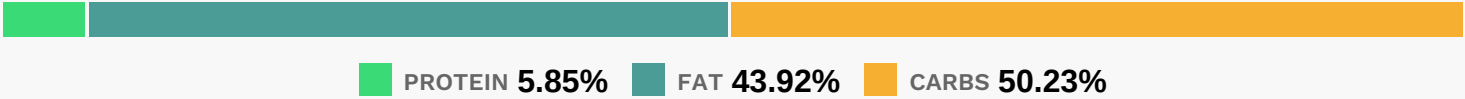
Equipment

- ☐ sauce pan

Directions

☐ In a saucepan, combine coconut milk, water, sugar, and salt. Stir until sugar is dissolved. Stir in rice. Bring to a boil over medium heat. Cover, reduce heat, and simmer 18 to 20 minutes, until rice is tender.

Nutrition Facts



Properties

Glycemic Index:32.82, Glycemic Load:34.08, Inflammation Score:-2, Nutrition Score:10.883043596278%

Nutrients (% of daily need)

Calories: 485.28kcal (24.26%), Fat: 24.08g (37.04%), Saturated Fat: 21.06g (131.63%), Carbohydrates: 61.96g (20.65%), Net Carbohydrates: 58.87g (21.41%), Sugar: 4.4g (4.88%), Cholesterol: 0mg (0%), Sodium: 31.75mg (1.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.22g (14.44%), Manganese: 1.66mg (83.19%), Selenium: 16.63µg (23.76%), Copper: 0.43mg (21.42%), Phosphorus: 179mg (17.9%), Magnesium: 54.8mg (13.7%), Fiber: 3.08g (12.34%), Iron: 2.18mg (12.13%), Potassium: 340.76mg (9.74%), Zinc: 1.43mg (9.52%), Vitamin B3: 1.86mg (9.32%), Vitamin B5: 0.88mg (8.85%), Vitamin B6: 0.15mg (7.33%), Folate: 21.43µg (5.36%), Vitamin B1: 0.07mg (4.96%), Calcium: 37.53mg (3.75%), Vitamin C: 2.78mg (3.37%), Vitamin B2: 0.03mg (2.01%), Vitamin E: 0.23mg (1.5%)