



Coco Rice With Green Onions



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



244 kcal

SIDE DISH

Ingredients

- ☐ 1 cup rice
- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 1.5 cups less-sodium chicken broth fat-free
- ☐ 0.3 cup green onions chopped
- ☐ 0.3 teaspoon ground turmeric
- ☐ 0.3 teaspoon kosher salt
- ☐ 2 teaspoons olive oil
- ☐ 0.3 cup coconut or unsweetened flaked

- ☐ 0.5 cup water
- ☐ 1 cup onion yellow chopped

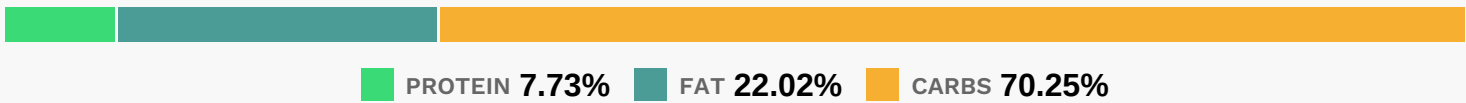
Equipment

- ☐ pot

Directions

- ☐ Heat oil in a medium sauce- pot over medium-high heat.
- ☐ Add onion; saut 2 minutes or until tender, stirring constantly.
- ☐ Add rice and turmeric; saut until rice becomes yellow. Stir in unsweetened coconut.
- ☐ Add broth and 1/2 cup water; bring to a boil. Reduce heat to low, and season with salt and pepper. Cover and simmer 20 minutes or until tender.
- ☐ Turn off heat, uncover, and let stand 5 minutes. Fluff with a fork. Stir in green onions, and serve.

Nutrition Facts



Properties

Glycemic Index:39.3, Glycemic Load:23.19, Inflammation Score:-7, Nutrition Score:7.0573912599812%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.79mg, Quercetin: 8.79mg, Quercetin: 8.79mg, Quercetin: 8.79mg

Nutrients (% of daily need)

Calories: 243.56kcal (12.18%), Fat: 5.94g (9.15%), Saturated Fat: 3.42g (21.39%), Carbohydrates: 42.67g (14.22%), Net Carbohydrates: 40.32g (14.66%), Sugar: 2.42g (2.69%), Cholesterol: 0mg (0%), Sodium: 501.96mg (21.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.69g (9.39%), Manganese: 0.74mg (36.91%), Selenium: 10.09µg (14.41%), Vitamin K: 14.48µg (13.79%), Fiber: 2.35g (9.41%), Copper: 0.19mg (9.37%), Phosphorus: 87.84mg (8.78%), Vitamin B6: 0.16mg (7.9%), Vitamin B5: 0.67mg (6.68%), Vitamin B3: 1.33mg (6.67%), Magnesium: 23.09mg (5.77%), Potassium: 187.26mg (5.35%), Vitamin C: 4.25mg (5.15%), Iron: 0.91mg (5.07%), Zinc: 0.73mg (4.87%), Vitamin B1:

0.06mg (4.24%), Folate: 16.69µg (4.17%), Vitamin B2: 0.06mg (3.65%), Calcium: 32.94mg (3.29%), Vitamin B12:
0.17µg (2.84%), Vitamin E: 0.41mg (2.73%), Vitamin A: 63.45IU (1.27%)