



Coconut Basmati Rice Bundles



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



387 kcal

SIDE DISH

Ingredients

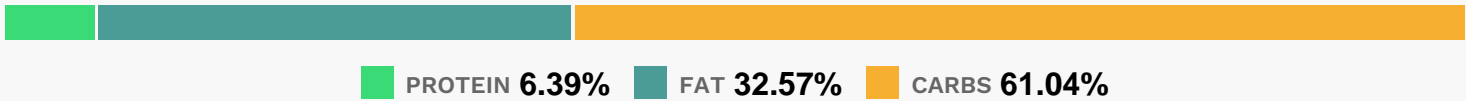
- ☐ 2 cups rice
- ☐ 6 servings bay leaves
- ☐ 6 servings sesame seeds black
- ☐ 1 teaspoons curry paste green
- ☐ 4 cups lite coconut milk light
- ☐ 0.5 teaspoon pepper freshly ground
- ☐ 1 teaspoon salt

Equipment

Directions

- ☐ Rinse rice in cold water until water is no longer cloudy; drain. Stir together rice and next 4 ingredients. Bring to a boil; cover, reduce heat, and simmer 15 minutes or until liquid is absorbed.
- ☐ Remove from heat; let stand, covered, 5 minutes.
- ☐ Spoon about 1/2 cup rice on center of ti leaves; fold sides over rice, and roll up. Slice into 1 1/2-inch lengths.
- ☐ Sprinkle with black sesame seeds.
- ☐ Serve with Ginger-Glazed Salmon Fillets.
- ☐ *Ti leaves are used in Polynesia to wrap foods. Dried ti leaves, which must be soaked before using, can be found in some ethnic markets. Banana leaves may be substituted for ti leaves.

Nutrition Facts



Properties

Glycemic Index:21.36, Glycemic Load:30.02, Inflammation Score:-3, Nutrition Score:8.5843479762907%

Nutrients (% of daily need)

Calories: 386.54kcal (19.33%), Fat: 13.41g (20.63%), Saturated Fat: 9.6g (59.99%), Carbohydrates: 56.55g (18.85%), Net Carbohydrates: 54.47g (19.81%), Sugar: 0.16g (0.18%), Cholesterol: 0mg (0%), Sodium: 502.93mg (21.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.92g (11.84%), Manganese: 0.97mg (48.58%), Copper: 0.47mg (23.45%), Selenium: 12.1µg (17.29%), Phosphorus: 122.63mg (12.26%), Iron: 2.13mg (11.82%), Magnesium: 44.99mg (11.25%), Calcium: 105.75mg (10.58%), Vitamin B6: 0.18mg (9.11%), Zinc: 1.33mg (8.88%), Fiber: 2.08g (8.33%), Vitamin B1: 0.11mg (7.11%), Vitamin B3: 1.37mg (6.85%), Vitamin B5: 0.63mg (6.32%), Vitamin A: 194.73IU (3.89%), Folate: 14.52µg (3.63%), Potassium: 115.94mg (3.31%), Vitamin B2: 0.05mg (3.21%)