



Coconut-Cashew Basmati Rice Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



55 min.

SERVINGS



4

CALORIES



786 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 cups rice cold rinsed drained well
- ☐ 0.3 cup coconut or fresh grated
- ☐ 1 tablespoon ginger fresh grated
- ☐ 1 clove garlic chopped
- ☐ 0.5 cup green onion thinly sliced
- ☐ 3 tablespoons vegetable oil; peanut oil preferred for the cashews
- ☐ 0.3 cup cashew pieces raw halved
- ☐ 4 servings salt and pepper freshly ground

- ☐ 2 cups coconut milk unsweetened
- ☐ 2 cups water
- ☐ 1 medium onion yellow peeled halved thinly sliced

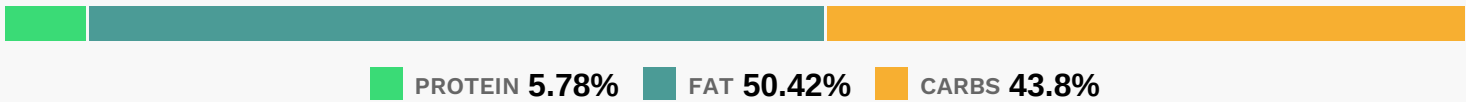
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ oven

Directions

- ☐ Watch how to make this recipe.
- ☐ Heat oil in a medium saucepan.
- ☐ Add onion, garlic and ginger and cook until soft.
- ☐ Add the drained rice, salt and pepper and cook for 3 to 4 minutes.
- ☐ While the rice is cooking, heat the remaining tablespoon of oil in a small saute pan over medium heat.
- ☐ Add the cashews and cook until lightly golden brown.
- ☐ Drain on paper towels.
- ☐ Place coconut milk and water in a medium saucepan and bring to a simmer.
- ☐ Add the hot liquid to the rice and bring to a boil. Reduce the heat, cover and cook for about 15 to 20 minutes. When the rice is cooked, remove from the oven and fold in the green onion, and coconut. Spoon the rice onto a platter and garnish with the toasted cashews.

Nutrition Facts



Properties

Glycemic Index:50.1, Glycemic Load:45.96, Inflammation Score:-6, Nutrition Score:18.60956519583%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 6.93mg, Quercetin: 6.93mg, Quercetin: 6.93mg, Quercetin: 6.93mg

Nutrients (% of daily need)

Calories: 786.25kcal (39.31%), Fat: 44.95g (69.15%), Saturated Fat: 29.39g (183.71%), Carbohydrates: 87.84g (29.28%), Net Carbohydrates: 82.44g (29.98%), Sugar: 6.4g (7.11%), Cholesterol: 0mg (0%), Sodium: 227.75mg (9.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.59g (23.18%), Manganese: 2.39mg (119.33%), Copper: 0.77mg (38.39%), Selenium: 23.85µg (34.07%), Phosphorus: 294.18mg (29.42%), Vitamin K: 29.04µg (27.66%), Magnesium: 100.05mg (25.01%), Fiber: 5.4g (21.61%), Iron: 3.64mg (20.22%), Potassium: 577.95mg (16.51%), Zinc: 2.46mg (16.38%), Vitamin B6: 0.28mg (14.02%), Vitamin E: 2.09mg (13.96%), Vitamin B3: 2.62mg (13.1%), Vitamin B5: 1.29mg (12.93%), Folate: 43.36µg (10.84%), Vitamin B1: 0.15mg (10.32%), Vitamin C: 8.27mg (10.03%), Calcium: 69.41mg (6.94%), Vitamin B2: 0.07mg (4.11%), Vitamin A: 125.24IU (2.5%)