



Coconut-Curry Bananas and Rice



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



15

CALORIES



142 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 bananas sliced
- ☐ 0.1 teaspoon cayenne pepper
- ☐ 0.5 cup coconut milk
- ☐ 1 teaspoon curry powder
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 0.5 teaspoon ground ginger
- ☐ 1 tablespoon orange juice
- ☐ 0.5 teaspoon salt

- ☐ 0.5 cup coconut or shredded sweetened
- ☐ 2 cups rice long-grain white

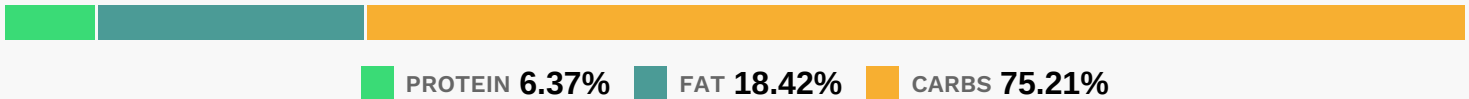
Equipment

- ☐ bowl

Directions

- ☐ Cook rice according to package directions; cover and keep warm.
- ☐ Toss bananas in orange juice in a medium bowl. Stir in curry powder and next 5 ingredients. Fold in cooked rice, and sprinkle with chopped herbs.

Nutrition Facts



Properties

Glycemic Index:22.26, Glycemic Load:14.75, Inflammation Score:-1, Nutrition Score:3.7326087148293%

Flavonoids

Catechin: 1.44mg, Catechin: 1.44mg, Catechin: 1.44mg, Catechin: 1.44mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 142.14kcal (7.11%), Fat: 2.94g (4.52%), Saturated Fat: 2.45g (15.28%), Carbohydrates: 27g (9%), Net Carbohydrates: 25.87g (9.41%), Sugar: 4.31g (4.79%), Cholesterol: 0mg (0%), Sodium: 87.95mg (3.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.29g (4.58%), Manganese: 0.49mg (24.65%), Vitamin B6: 0.14mg (7.01%), Selenium: 4.52µg (6.46%), Copper: 0.1mg (5.05%), Magnesium: 18.15mg (4.54%), Fiber: 1.13g (4.52%), Phosphorus: 44.85mg (4.48%), Potassium: 145.37mg (4.15%), Vitamin B5: 0.36mg (3.65%), Iron: 0.62mg (3.46%), Vitamin C: 2.76mg (3.34%), Vitamin B3: 0.63mg (3.16%), Zinc: 0.41mg (2.74%), Folate: 8.59µg (2.15%), Vitamin B1: 0.03mg (1.91%), Vitamin B2: 0.03mg (1.82%), Calcium: 10.84mg (1.08%)