

Coconut Frushi

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



5

CALORIES



229 kcal

SIDE DISH

Ingredients

- 0.3 cup lite coconut milk light
- 10 orange sections
- 20 raspberries fresh
- 1 Dash salt
- 0.3 cup sugar
- 1 cup sushi rice uncooked
- 6 ounce vanilla yogurt fat-free
- 1.3 cups water

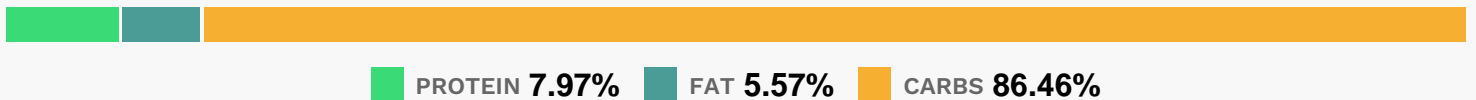
Equipment

- bowl
- baking sheet
- sauce pan
- wax paper

Directions

- Bring water and rice to a boil in a medium saucepan. Cover, reduce heat, and simmer 15 minutes or until water is almost absorbed.
- Remove from heat; let stand, covered, 15 minutes.
- Place rice in a large bowl.
- Add sugar, coconut milk, and salt, stirring gently until well combined. Cover and let stand 20 minutes.
- Lightly coat hands with cooking spray. Divide rice mixture into 20 equal portions, shaping each into a ball (about 1 rounded tablespoon each). Lightly press each rice ball into an oval between palms; place ovals on a baking sheet lined with wax paper. Top each of 10 ovals with 1 orange section, and press gently to adhere. Top each of the remaining 10 ovals with 2 raspberries. Cover and chill frushi until ready to serve.
- Serve with yogurt for dipping.

Nutrition Facts



Properties

Glycemic Index:44.32, Glycemic Load:32.36, Inflammation Score:-2, Nutrition Score:5.9304348256277%

Flavonoids

Cyanidin: 3.66mg, Cyanidin: 3.66mg, Cyanidin: 3.66mg, Cyanidin: 3.66mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.04mg,

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Nutrients (% of daily need)

Calories: 229.03kcal (11.45%), Fat: 1.41g (2.17%), Saturated Fat: 0.99g (6.17%), Carbohydrates: 49.23g (16.41%), Net Carbohydrates: 47.05g (17.11%), Sugar: 17.46g (19.4%), Cholesterol: 1.7mg (0.57%), Sodium: 44.26mg (1.92%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 4.54g (9.07%), Manganese: 0.42mg (21.11%), Vitamin C: 16.2mg (19.64%), Selenium: 7.46µg (10.66%), Fiber: 2.18g (8.72%), Phosphorus: 78.16mg (7.82%), Calcium: 76.52mg (7.65%), Vitamin B1: 0.11mg (7.07%), Vitamin B2: 0.1mg (6.12%), Vitamin B5: 0.58mg (5.84%), Zinc: 0.79mg (5.23%), Copper: 0.1mg (4.84%), Vitamin B3: 0.95mg (4.76%), Magnesium: 18.9mg (4.73%), Potassium: 162.33mg (4.64%), Folate: 15.81µg (3.95%), Iron: 0.7mg (3.9%), Vitamin B6: 0.07mg (3.74%), Vitamin B12: 0.18µg (3.01%), Vitamin A: 75.77IU (1.52%)