



WHATSheATE



Coconut-Ginger Rice



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



180 kcal

SIDE DISH

Ingredients

- ☐ 1 bay leaf
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 0.5 teaspoon ginger fresh minced peeled
- ☐ 1 cup jasmine rice uncooked
- ☐ 0.3 cup coconut milk light
- ☐ 0.3 teaspoon salt
- ☐ 1 cup water

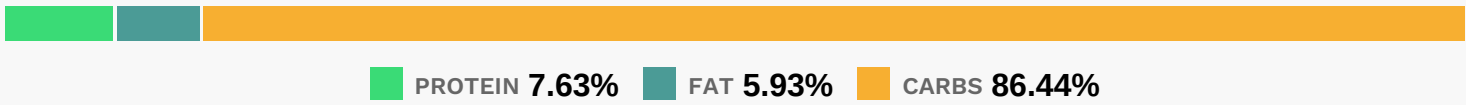
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Bring water, ginger, salt, and bay leaf to a boil in a small saucepan.
- ☐ Add rice and coconut milk to pan; bring to a boil. Reduce heat to low, cover, and cook until liquid is absorbed and rice is done (about 15 minutes). Discard bay leaf; fluff rice. Stir in chopped fresh cilantro.

Nutrition Facts



Properties

Glycemic Index:27.05, Glycemic Load:22.26, Inflammation Score:-1, Nutrition Score:3.4217391389868%

Flavonoids

Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 179.55kcal (8.98%), Fat: 1.14g (1.76%), Saturated Fat: 0.92g (5.73%), Carbohydrates: 37.46g (12.49%), Net Carbohydrates: 36.85g (13.4%), Sugar: 0.06g (0.07%), Cholesterol: 0mg (0%), Sodium: 161.16mg (7.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.31g (6.62%), Manganese: 0.51mg (25.35%), Selenium: 6.99µg (9.98%), Copper: 0.11mg (5.62%), Phosphorus: 53.4mg (5.34%), Vitamin B5: 0.47mg (4.71%), Vitamin B6: 0.08mg (3.85%), Vitamin B3: 0.74mg (3.72%), Zinc: 0.51mg (3.42%), Magnesium: 12.35mg (3.09%), Fiber: 0.62g (2.47%), Vitamin B1: 0.03mg (2.17%), Iron: 0.39mg (2.15%), Potassium: 55.43mg (1.58%), Calcium: 15.2mg (1.52%), Vitamin B2: 0.02mg (1.36%)