



Coconut Jasmine Rice



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



20 min.

SERVINGS



8

CALORIES



280 kcal

SIDE DISH

Ingredients

- ☐ 2.5 cups jasmine rice rinsed
- ☐ 2 kaffir lime leaves
- ☐ 1 teaspoon sea salt
- ☐ 1 cup coconut milk unsweetened
- ☐ 3 cups water

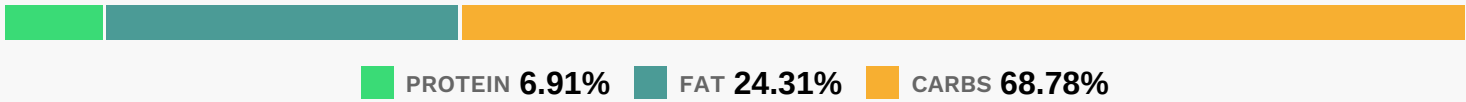
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ In a large saucepan, combine the water, coconut milk and salt.
- ☐ Add the rinsed rice and lime leaves and bring to a boil. Cover and simmer over low heat for 12 minutes. Keeping the pan covered, turn off the heat and let the rice stand for 5 minutes. Uncover and fluff the rice. Discard the lime leaves and serve.

Nutrition Facts



Properties

Glycemic Index:7.65, Glycemic Load:27.82, Inflammation Score:-1, Nutrition Score:5.9695651719104%

Nutrients (% of daily need)

Calories: 280.1kcal (14.01%), Fat: 7.52g (11.57%), Saturated Fat: 6.43g (40.21%), Carbohydrates: 47.9g (15.97%), Net Carbohydrates: 46.49g (16.9%), Sugar: 1.07g (1.19%), Cholesterol: 0mg (0%), Sodium: 302.51mg (13.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.81g (9.62%), Manganese: 0.9mg (45.23%), Selenium: 10.59µg (15.13%), Copper: 0.22mg (11.07%), Phosphorus: 96.48mg (9.65%), Magnesium: 26.45mg (6.61%), Vitamin B5: 0.64mg (6.41%), Vitamin B3: 1.15mg (5.77%), Fiber: 1.41g (5.65%), Zinc: 0.84mg (5.61%), Iron: 0.96mg (5.32%), Vitamin B6: 0.1mg (5.24%), Potassium: 145.44mg (4.16%), Vitamin B1: 0.05mg (3.22%), Calcium: 23.83mg (2.38%), Folate: 9.43µg (2.36%), Vitamin B2: 0.03mg (1.67%), Vitamin C: 0.84mg (1.02%)