

Coconut Lime Rice



Vegetarian



Gluten Free



Low Fod Map

READY IN



40 min.

SERVINGS



8

CALORIES



181 kcal

SIDE DISH

Ingredients

- 1 cup rice
- 1 teaspoon butter
- 1 cup chicken broth
- 0.3 cup coconut flakes flaked
- 1 cup coconut milk
- 1 tablespoon coconut oil
- 8 servings pepper black to taste
- 1 lime zest juiced

8 servings salt to taste

Equipment

frying pan

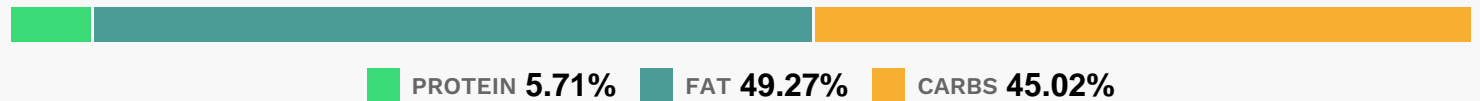
Directions

Rinse rice until the water runs clear; drain.

Heat coconut oil and butter in a large skillet over medium-high heat. Cook and stir rice and coconut flakes for 3 to 4 minutes. Stir in the lime juice, then add the coconut milk, chicken broth, salt and lime zest. Bring to a low boil, then cover and reduce heat to low. Cook for 20 minutes.

Remove from heat and keep covered for 5 minutes. Fluff with fork and season with pepper.

Nutrition Facts



Properties

Glycemic Index:36.77, Glycemic Load:12.12, Inflammation Score:-1, Nutrition Score:4.0391304748862%

Flavonoids

Hesperetin: 3.6mg, Hesperetin: 3.6mg, Hesperetin: 3.6mg, Hesperetin: 3.6mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 181.17kcal (9.06%), Fat: 10.22g (15.72%), Saturated Fat: 8.68g (54.23%), Carbohydrates: 21g (7%), Net Carbohydrates: 20g (7.27%), Sugar: 0.49g (0.55%), Cholesterol: 1.93mg (0.64%), Sodium: 312.79mg (13.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.66g (5.33%), Manganese: 0.57mg (28.45%), Copper: 0.15mg (7.32%), Iron: 1.29mg (7.16%), Phosphorus: 62.18mg (6.22%), Selenium: 4.15µg (5.92%), Magnesium: 22.15mg (5.54%), Fiber: 0.99g (3.97%), Potassium: 118.52mg (3.39%), Vitamin C: 2.76mg (3.34%), Zinc: 0.5mg (3.31%), Vitamin B3: 0.65mg (3.24%), Vitamin B5: 0.32mg (3.22%), Vitamin B6: 0.06mg (2.89%), Vitamin B1: 0.03mg (2.19%), Vitamin B2: 0.03mg (1.96%), Calcium: 16.92mg (1.69%), Folate: 6.75µg (1.69%)