



Coconut & lime rice



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



20 min.

SERVINGS



4

CALORIES



275 kcal

SIDE DISH

Ingredients

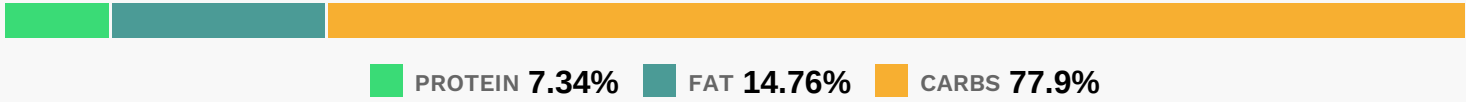
- ☐ 250 g rice
- ☐ 5 tbsp desiccated coconut
- ☐ 1 lime zest
- ☐ 1 small pack coriander roughly chopped

Equipment

Directions

- ☐ Cook the rice following pack instructions.
- ☐ Add the coconut about 5 mins before the end of the cooking time. Stir in the lime zest and juice, and the coriander.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:31.3, Glycemic Load:30.49, Inflammation Score:-1, Nutrition Score:6.2700000094331%

Flavonoids

Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 274.52kcal (13.73%), Fat: 4.48g (6.89%), Saturated Fat: 3.69g (23.08%), Carbohydrates: 53.22g (17.74%), Net Carbohydrates: 50.91g (18.51%), Sugar: 0.82g (0.91%), Cholesterol: 0mg (0%), Sodium: 6mg (0.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.01g (10.03%), Manganese: 0.86mg (42.75%), Selenium: 10.67µg (15.24%), Copper: 0.2mg (9.96%), Fiber: 2.31g (9.26%), Phosphorus: 88mg (8.8%), Vitamin B5: 0.72mg (7.23%), Vitamin B6: 0.13mg (6.46%), Vitamin C: 5.1mg (6.19%), Magnesium: 22.39mg (5.6%), Zinc: 0.83mg (5.52%), Vitamin B3: 1.08mg (5.38%), Iron: 0.82mg (4.54%), Potassium: 125.5mg (3.59%), Vitamin B1: 0.05mg (3.52%), Calcium: 24.99mg (2.5%), Vitamin B2: 0.04mg (2.41%), Folate: 7.21µg (1.8%), Vitamin K: 1.73µg (1.65%)