



Coconut-Lime Rice



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



35 min.

SERVINGS



6

CALORIES



198 kcal

SIDE DISH

Ingredients



1.5 cups jasmine rice uncooked



1 cup coconut milk light



1.5 tablespoons juice of lime fresh



1 teaspoon lime zest



0.5 teaspoon salt

Equipment



sauce pan

Directions

☐ Bring coconut milk, salt, and 2 cups water to a boil in a saucepan over medium heat. Stir in rice; cover, reduce heat to low, and simmer, stirring occasionally, 20 to 25 minutes or until liquid is absorbed and rice is tender. Stir in lime zest and juice.

Nutrition Facts



Properties

Glycemic Index:15.53, Glycemic Load:22.26, Inflammation Score:-1, Nutrition Score:3.4208695013886%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.48mg, Hesperetin: 0.48mg, Hesperetin: 0.48mg, Hesperetin: 0.48mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 197.63kcal (9.88%), Fat: 2.53g (3.89%), Saturated Fat: 2.3g (14.4%), Carbohydrates: 38.44g (12.81%), Net Carbohydrates: 37.81g (13.75%), Sugar: 0.12g (0.14%), Cholesterol: 0mg (0%), Sodium: 223.96mg (9.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.32g (6.63%), Manganese: 0.5mg (25.22%), Selenium: 6.99µg (9.98%), Phosphorus: 53.77mg (5.38%), Copper: 0.1mg (5.16%), Vitamin B5: 0.47mg (4.74%), Vitamin B6: 0.08mg (3.87%), Vitamin B3: 0.75mg (3.73%), Zinc: 0.51mg (3.39%), Magnesium: 11.89mg (2.97%), Fiber: 0.63g (2.5%), Vitamin B1: 0.03mg (2.23%), Iron: 0.38mg (2.09%), Potassium: 57.96mg (1.66%), Vitamin C: 1.22mg (1.48%), Calcium: 13.7mg (1.37%), Vitamin B2: 0.02mg (1.37%), Folate: 4.1µg (1.03%)