



Coconut Orange Cashew Rice

 Vegetarian  Gluten Free

READY IN



33 min.

SERVINGS



6

CALORIES



500 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons butter
- ☐ 14 ounce coconut milk canned
- ☐ 1.5 cups rice long grain uncooked
- ☐ 1.5 tablespoons olive oil
- ☐ 1 cranberry-orange relish seedless
- ☐ 0.3 cup orange juice freshly squeezed
- ☐ 1 teaspoon salt
- ☐ 0.8 cup roasted cashews salted chopped

☐ 0.3 cup water

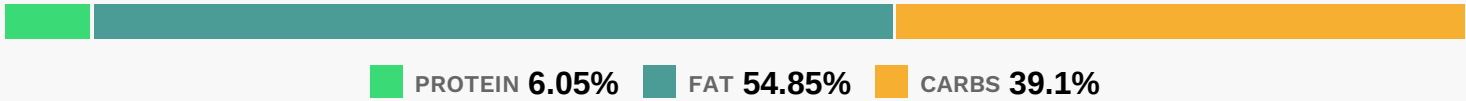
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ knife
- ☐ kitchen towels

Directions

- ☐ Heat the olive oil in a large saucepan over medium-high heat.
- ☐ Add the rice and stir to coat with the oil.
- ☐ Add the coconut milk, orange juice, water, and salt and bring to a boil. Cover and reduce the heat to low. Simmer until all the liquid is absorbed, about 20 minutes.
- ☐ Remove the rice from the heat and fluff with a fork.
- ☐ Place a clean, dry dish towel over the pan, cover with a lid, and let the rice steam for 5 minutes. Stir in the butter and cashews.
- ☐ Cut off the top and bottom of the orange, just exposing the flesh. With a sharp knife, follow the curve of the fruit to cut away the peel, completely removing the white pith. Slice out each segment of orange, cutting along the membranes.
- ☐ Cut each segment into thirds. Stir the orange into the rice.
- ☐ Serve hot.

Nutrition Facts



Properties

Glycemic Index:34.28, Glycemic Load:23.86, Inflammation Score:-5, Nutrition Score:13.135652267415%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 7.6mg, Hesperetin: 7.6mg, Hesperetin: 7.6mg, Hesperetin: 7.6mg Naringenin: 3.64mg, Naringenin: 3.64mg, Naringenin: 3.64mg, Naringenin: 3.64mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.03mg,

Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 500.11kcal (25.01%), Fat: 31.32g (48.19%), Saturated Fat: 18.5g (115.61%), Carbohydrates: 50.25g (16.75%), Net Carbohydrates: 47.13g (17.14%), Sugar: 6.32g (7.03%), Cholesterol: 10.03mg (3.34%), Sodium: 540.29mg (23.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.78g (15.55%), Manganese: 1.26mg (62.95%), Copper: 0.68mg (33.81%), Vitamin C: 20.36mg (24.67%), Magnesium: 84.5mg (21.12%), Phosphorus: 209.77mg (20.98%), Selenium: 13.26µg (18.94%), Iron: 2.56mg (14.2%), Zinc: 1.93mg (12.9%), Fiber: 3.12g (12.49%), Potassium: 392.22mg (11.21%), Folate: 36.92µg (9.23%), Vitamin B5: 0.88mg (8.84%), Vitamin K: 8.5µg (8.1%), Vitamin B3: 1.6mg (8.01%), Vitamin B6: 0.16mg (8.01%), Vitamin B1: 0.12mg (7.7%), Vitamin E: 0.96mg (6.43%), Calcium: 43.28mg (4.33%), Vitamin B2: 0.07mg (4.2%), Vitamin A: 193.3IU (3.87%)