



Coconut Rice



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



369 kcal

SIDE DISH

Ingredients



1 cup full fat coconut cream



2 cups jasmine rice



1 teaspoon kosher salt



1.5 tablespoons sugar

Equipment



bowl

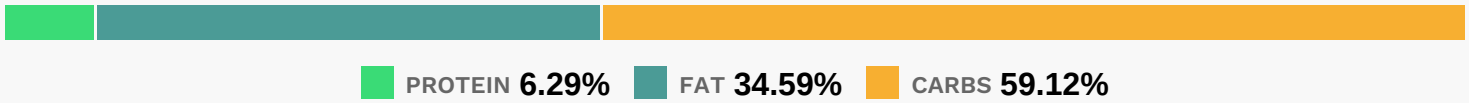


sauce pan

Directions

- ☐ Rinse rice in a large bowl with coolwater until water runs clear.
- ☐ Drain rice.
- ☐ Combine rice, coconut cream,sugar, salt, and 2 cups water in amedium saucepan. Bring just to a boil,stirring to dissolve sugar, then coverand reduce heat to low. (Alternatively,cook rice in an electric rice steamer.)Cook until rice is tender and liquidis absorbed, 40–45 minutes. Fluffrice with a fork; cover and let sit for20 minutes.

Nutrition Facts



Properties

Glycemic Index:21.88, Glycemic Load:31.77, Inflammation Score:-1, Nutrition Score:7.2369565391994%

Nutrients (% of daily need)

Calories: 368.63kcal (18.43%), Fat: 14.29g (21.98%), Saturated Fat: 12.41g (77.58%), Carbohydrates: 54.95g (18.32%), Net Carbohydrates: 53.27g (19.37%), Sugar: 3.07g (3.41%), Cholesterol: 0mg (0%), Sodium: 392.29mg (17.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.85g (11.7%), Manganese: 1.19mg (59.68%), Copper: 0.29mg (14.37%), Selenium: 9.33µg (13.33%), Phosphorus: 119.72mg (11.97%), Iron: 1.41mg (7.83%), Vitamin B5: 0.73mg (7.3%), Zinc: 1.06mg (7.05%), Fiber: 1.68g (6.73%), Vitamin B3: 1.34mg (6.71%), Magnesium: 26.63mg (6.66%), Vitamin B6: 0.12mg (6%), Potassium: 201.06mg (5.74%), Vitamin B1: 0.06mg (3.68%), Folate: 14.13µg (3.53%), Calcium: 21.94mg (2.19%), Vitamin B2: 0.03mg (1.81%), Vitamin C: 1.12mg (1.36%)