



## Coconut Rice

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



35 min.

SERVINGS



8

CALORIES



256 kcal

SIDE DISH

### Ingredients

- 1.5 cups coconut milk
- 2 teaspoons curry powder
- 2 slices ginger fresh
- 2 cups rice long grain rinsed drained
- 0.3 cup onion diced
- 0.5 teaspoon salt
- 0.8 cup water

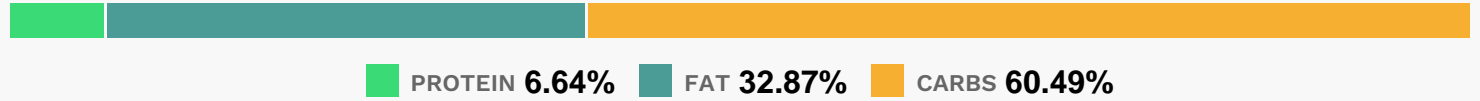
### Equipment

sauce pan

## Directions

In a medium saucepan, combine rice, onion, coconut milk, water, ginger, curry powder, and salt. Cover, and bring to a boil. Reduce heat, and simmer for 20 to 30 minutes, or until done.

## Nutrition Facts



## Properties

Glycemic Index:25.65, Glycemic Load:23.53, Inflammation Score:-1, Nutrition Score:5.813913108538%

## Flavonoids

Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg

## Nutrients (% of daily need)

Calories: 256.32kcal (12.82%), Fat: 9.42g (14.49%), Saturated Fat: 8.11g (50.7%), Carbohydrates: 39.01g (13%), Net Carbohydrates: 38.15g (13.87%), Sugar: 0.29g (0.32%), Cholesterol: 0mg (0%), Sodium: 154.8mg (6.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.28g (8.56%), Manganese: 0.86mg (42.9%), Iron: 1.93mg (10.73%), Copper: 0.21mg (10.35%), Selenium: 7.1µg (10.14%), Phosphorus: 97.23mg (9.72%), Magnesium: 33.27mg (8.32%), Vitamin B5: 0.54mg (5.41%), Vitamin B3: 1.04mg (5.18%), Zinc: 0.77mg (5.16%), Vitamin B6: 0.1mg (5.01%), Potassium: 163.53mg (4.67%), Fiber: 0.86g (3.45%), Vitamin B1: 0.05mg (3.03%), Folate: 11.41µg (2.85%), Calcium: 24.95mg (2.5%), Vitamin B2: 0.03mg (1.51%), Vitamin E: 0.16mg (1.09%), Vitamin C: 0.88mg (1.06%)