



Coconut rice



Vegetarian



Gluten Free

READY IN



40 min.

SERVINGS



10

CALORIES



587 kcal

SIDE DISH

Ingredients

- ☐ 3 onion finely chopped
- ☐ 1 tbsp unrefined sunflower oil
- ☐ 1 tbsp butter
- ☐ 1 kg rice
- ☐ 800 ml coconut milk canned

Equipment

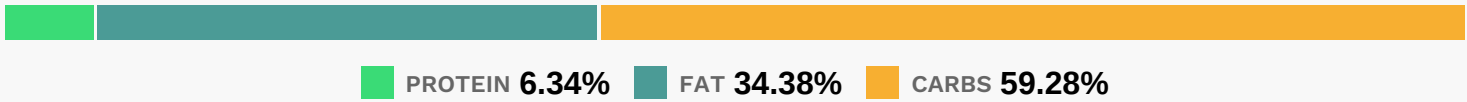
- ☐ bowl
- ☐ sauce pan

- ☐ wooden spoon
- ☐ microwave

Directions

- ☐ In a big saucepan or casserole with a lid, gently soften the onions in the oil and butter.
- ☐ When really soft, add the rice and cook, stirring, for a couple of mins. Tip in the coconut milk with 2 cans water. Bring to a gentle simmer, stirring, then cover, lower the heat to the lowest setting and cook for 10–15 mins, scraping the bottom regularly with a wooden spoon to stop it sticking. Check the rice: it should be sticky and creamy but not watery, and not quite cooked still a bit crunchy. Tip into a big bowl that will fit in a microwave and cover with cling film. Chill until ready to serve, for up to a day.
- ☐ To serve, poke a hole in the cling film and microwave for 8 mins on High, stirring halfway, until piping hot and cooked through.
- ☐ Add some salt and stir through with a fork to break up the grains.

Nutrition Facts



Properties

Glycemic Index:13.82, Glycemic Load:48.8, Inflammation Score:-4, Nutrition Score:12.994347821435%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.65mg, Isorhamnetin: 1.65mg, Isorhamnetin: 1.65mg, Isorhamnetin: 1.65mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.7mg, Quercetin: 6.7mg, Quercetin: 6.7mg, Quercetin: 6.7mg

Nutrients (% of daily need)

Calories: 587.41kcal (29.37%), Fat: 22.56g (34.71%), Saturated Fat: 18.19g (113.66%), Carbohydrates: 87.53g (29.18%), Net Carbohydrates: 83.88g (30.5%), Sugar: 4.23g (4.7%), Cholesterol: 3.05mg (1.02%), Sodium: 27.62mg (1.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.36g (18.73%), Manganese: 1.87mg (93.7%), Selenium: 20.31µg (29.02%), Copper: 0.45mg (22.44%), Phosphorus: 206.06mg (20.61%), Magnesium: 58.36mg (14.59%), Fiber: 3.65g (14.59%), Iron: 2.2mg (12.23%), Vitamin B5: 1.2mg (12.05%), Vitamin B6: 0.23mg (11.52%), Vitamin B3: 2.26mg (11.28%), Zinc: 1.69mg (11.27%), Potassium: 376.96mg (10.77%), Vitamin B1: 0.11mg (7.09%), Folate: 27.3µg (6.82%), Vitamin C: 4.71mg (5.71%), Vitamin E: 0.85mg (5.64%), Calcium: 48.92mg (4.89%), Vitamin B2: 0.06mg (3.43%)