



Coconut Rice



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



171 kcal

SIDE DISH

Ingredients



0.8 cup rice uncooked



13.5 ounce coconut milk light canned



0.3 teaspoon salt



3 tablespoons coconut or sweetened flaked

Equipment

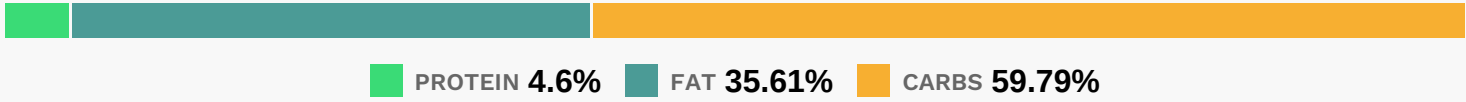


sauce pan

Directions

- ☐ Combine rice, coconut milk, and salt in a saucepan. Bring to a boil; cover, reduce heat, and simmer 15 minutes.
- ☐ Remove from heat; let stand, covered, 10 minutes.
- ☐ Add coconut; fluff with a fork.

Nutrition Facts



Properties

Glycemic Index:10.2, Glycemic Load:11.13, Inflammation Score:-1, Nutrition Score:2.2382608575989%

Nutrients (% of daily need)

Calories: 171.27kcal (8.56%), Fat: 6.47g (9.96%), Saturated Fat: 6.24g (39.01%), Carbohydrates: 24.44g (8.15%), Net Carbohydrates: 23.41g (8.51%), Sugar: 2.75g (3.05%), Cholesterol: 0mg (0%), Sodium: 172.28mg (7.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.88g (3.76%), Manganese: 0.32mg (16.14%), Selenium: 4.68µg (6.69%), Fiber: 1.03g (4.13%), Copper: 0.07mg (3.64%), Phosphorus: 33.99mg (3.4%), Vitamin B5: 0.24mg (2.45%), Magnesium: 9.55mg (2.39%), Vitamin B3: 0.42mg (2.11%), Zinc: 0.3mg (2.03%), Vitamin B6: 0.04mg (2.01%), Iron: 0.3mg (1.65%), Potassium: 53.3mg (1.52%), Vitamin B1: 0.02mg (1.15%)