



WHATSheATE



## Coconut Rice and Beans



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



30 min.

SERVINGS



6

CALORIES



481 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- ☐ 2 Tbsp vegetable oil
- ☐ 0.5 onion yellow chopped
- ☐ 4 garlic cloves chopped
- ☐ 2 cups rice long-grain
- ☐ 1 teaspoon salt
- ☐ 1 teaspoon ginger fresh grated
- ☐ 1 cup water
- ☐ 1 cup chicken stock see for vegetarian option (or vegetable stock )

- ☐ 2 cups coconut milk
- ☐ 15 ounce kidney beans rinsed drained canned
- ☐ 2 teaspoons thyme leaves dried
- ☐ 1 scotch bonnet chile whole (can substitute a habanero)

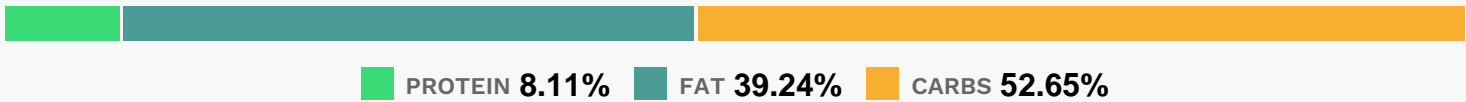
## Equipment

- ☐ pot

## Directions

- ☐ Heat the oil in a medium pot over medium-high heat.
- ☐ Add the onions and sauté for 4–5 minutes, until they begin to brown on the edges.
- ☐ Add garlic and rice:
- ☐ Add the garlic and rice, stir well and cook for another 2–3 minutes, stirring often.
- ☐ Add the grated ginger, salt, water, stock and coconut milk and stir well.
- ☐ Add the kidney beans and sprinkle the thyme over everything.
- ☐ Add the whole Scotch bonnet chile (or habanero); it will season the rice much like a bay leaf would.
- ☐ Cook: Bring to a simmer, then turn the heat to low and cover. The rice should be done in about 15–20 minutes, depending on the type of rice you are using (some long grained rice takes longer to cook). Check after 15 minutes.
- ☐ Remove from heat, cover: Once done, remove from heat and cover for 10 minutes.
- ☐ Serve: Fluff with a fork.
- ☐ Sprinkle with a little lime juice if you want. Discard the habanero (or eat it, if you dare!)

## Nutrition Facts



## Properties

Glycemic Index:62.03, Glycemic Load:35.9, Inflammation Score:-6, Nutrition Score:13.467826096908%

## Flavonoids

Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.9mg, Quercetin: 1.9mg, Quercetin: 1.9mg, Quercetin: 1.9mg

Nutrients (% of daily need)

Calories: 481.43kcal (24.07%), Fat: 21.32g (32.8%), Saturated Fat: 15.12g (94.5%), Carbohydrates: 64.37g (21.46%), Net Carbohydrates: 59.46g (21.62%), Sugar: 2.23g (2.47%), Cholesterol: 0mg (0%), Sodium: 741.62mg (32.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.91g (19.83%), Manganese: 1.53mg (76.61%), Iron: 4.35mg (24.19%), Phosphorus: 225.58mg (22.56%), Copper: 0.43mg (21.49%), Fiber: 4.91g (19.64%), Magnesium: 74.41mg (18.6%), Vitamin K: 17.32µg (16.5%), Selenium: 10.45µg (14.93%), Potassium: 451.87mg (12.91%), Vitamin B6: 0.23mg (11.28%), Zinc: 1.6mg (10.69%), Vitamin B1: 0.15mg (9.74%), Vitamin B3: 1.88mg (9.4%), Folate: 37.04µg (9.26%), Vitamin B5: 0.86mg (8.6%), Calcium: 65.12mg (6.51%), Vitamin C: 5.2mg (6.3%), Vitamin B2: 0.09mg (5.01%), Vitamin E: 0.49mg (3.29%), Vitamin A: 112.32IU (2.25%)