



Coconut Rice Erupting With Spices, Nuts & Peas



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



8

CALORIES



295 kcal

SIDE DISH

Ingredients

- 2 cups rice white ()
- 0.3 teaspoon cardamom
- 1 carrots fine
- 0.5 teaspoon cinnamon
- 0.8 teaspoon cumin
- 1 garlic clove minced
- 1 stalk lemon grass cut into 2 inch pieces

- 1.5 cups lite coconut milk light
- 0.3 cup macadamia nuts toasted chopped
- 2 tablespoons cooking oil
- 1 cup peas frozen
- 1 small to 5 chilies red minced seeded
- 0.5 teaspoon salt
- 1 cup water

Equipment

Directions

Place rice in a large bowl and pour water and coconut milk over it. Stir and set aside.

In a large skillet, heat oil and saute cumin, cinnamon, cardamom, chile, and carrots over med-high heat for a minute.

Stir in garlic, lemon grass, salt, and rice with soaking liquid. Bring to a boil, cover pan, reduce heat, simmer for 15 minutes.

Stir in nuts and peas, cover and simmer another 5 minutes. Remove lemon grass and garnish with toasted coconut.

Nutrition Facts



PROTEIN 6.87% **FAT 33.12%** **CARBS 60.01%**

Properties

Glycemic Index:31.54, Glycemic Load:23.45, Inflammation Score:-8, Nutrition Score:9.6260869565217%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 294.77kcal (14.74%), Fat: 10.71g (16.47%), Saturated Fat: 3.54g (22.1%), Carbohydrates: 43.66g (14.55%), Net Carbohydrates: 41.13g (14.96%), Sugar: 2.01g (2.23%), Cholesterol: 0mg (0%), Sodium: 187.85mg (8.17%), Protein: 5g (10%), Manganese: 0.98mg (48.99%), Vitamin A: 1468.94IU (29.38%), Vitamin C: 16.05mg (19.45%), Selenium: 7.63µg (10.9%), Vitamin B1: 0.16mg (10.65%), Fiber: 2.52g (10.1%), Copper: 0.2mg (9.99%), Phosphorus: 91.94mg (9.19%), Vitamin K: 8.89µg (8.46%), Vitamin B6: 0.17mg (8.41%), Magnesium: 29.43mg (7.36%), Vitamin B3: 1.44mg (7.18%), Iron: 1.23mg (6.82%), Zinc: 0.9mg (6%), Vitamin B5: 0.57mg (5.66%), Vitamin E: 0.82mg (5.44%), Potassium: 180.15mg (5.15%), Folate: 20.28µg (5.07%), Vitamin B2: 0.07mg (4.04%), Calcium: 31.64mg (3.16%)