



Coconut Rice Salad



Gluten Free



Dairy Free

READY IN



130 min.

SERVINGS



8

CALORIES



402 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 cups rice
- ☐ 0.3 cup coconut or flaked toasted
- ☐ 1 teaspoon curry paste
- ☐ 1 teaspoon fish sauce
- ☐ 1 clove garlic crushed
- ☐ 2 juice of lime juiced
- ☐ 2 tablespoons peanut butter
- ☐ 0.5 cup raisins

- ☐ 0.3 cup sesame oil
- ☐ 0.3 cup slivered almonds toasted
- ☐ 10 ounce coconut milk unsweetened canned
- ☐ 2.8 cups water

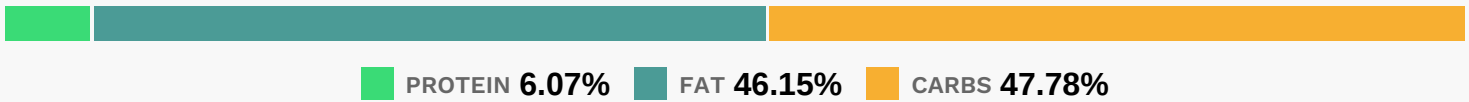
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ In a saucepan, combine the rice, coconut milk and water. Bring to a boil, then cover and reduce heat to low. Simmer for 15 to 20 minutes, or until the rice has absorbed all of the liquid. Set aside to cool down.
- ☐ In a small bowl, stir together the lime juice, peanut butter, sesame oil, fish sauce, curry paste and garlic. Taste, and adjust the flavor of the dressing to your liking.
- ☐ When the rice has cooled, stir in the dressing along with the coconut, raisins and almonds. Refrigerate for at least 1 hour, and up to one day.

Nutrition Facts



Properties

Glycemic Index:21.75, Glycemic Load:26.24, Inflammation Score:-3, Nutrition Score:8.8291304757738%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 401.73kcal (20.09%), Fat: 21.1g (32.45%), Saturated Fat: 10.62g (66.35%), Carbohydrates: 49.14g (16.38%), Net Carbohydrates: 46.03g (16.74%), Sugar: 2.2g (2.45%), Cholesterol: 0mg (0%), Sodium: 91.51mg (3.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.24g (12.48%), Manganese: 1.07mg (53.5%), Copper: 0.31mg (15.63%), Selenium: 10.16µg (14.51%), Phosphorus: 132.36mg (13.24%), Fiber: 3.11g (12.42%), Magnesium: 48.48mg (12.12%), Vitamin E: 1.46mg (9.71%), Vitamin B3: 1.81mg (9.06%), Potassium: 295.31mg (8.44%), Iron: 1.5mg (8.35%), Vitamin B6: 0.15mg (7.27%), Zinc: 1.04mg (6.92%), Vitamin B5: 0.63mg (6.3%), Vitamin B2: 0.09mg (5.29%), Vitamin C: 3.94mg (4.78%), Vitamin B1: 0.07mg (4.57%), Folate: 15.95µg (3.99%), Calcium: 38.25mg (3.83%), Vitamin A: 102.35IU (2.05%), Vitamin K: 1.08µg (1.03%)