



Coconut-Rice Salad With Mango And Shrimp

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



403 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 cup cucumber cubed peeled seeded
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 3 tablespoons mint leaves fresh chopped
- ☐ 0.3 cup green onions thinly sliced
- ☐ 2 tablespoons jalapeno minced seeded
- ☐ 0.8 cup coconut milk light
- ☐ 0.3 cup juice of lime fresh
- ☐ 2 cups mangos ripe cubed peeled (2 large)

- ☐ 1.3 cups rice long-grain uncooked
- ☐ 0.3 teaspoon salt
- ☐ 0.5 teaspoon salt
- ☐ 1 pound shrimp deveined peeled
- ☐ 5.8 cups water divided

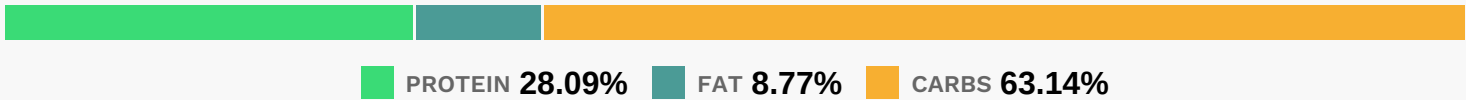
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Bring 4 cups water to a boil in a large saucepan.
- ☐ Add shrimp; cook 1 1/2 minutes or until done.
- ☐ Drain and rinse with cold water. Cover and chill.
- ☐ Combine 1 3/4 cups water and coconut milk in pan, and bring to a boil.
- ☐ Add rice and 1/4 teaspoon salt; cover, reduce heat, and simmer 20 minutes or until liquid is absorbed.
- ☐ Remove from heat, and fluff with a fork. Spoon rice mixture into a large bowl; cool.
- ☐ Add shrimp, mango, and remaining ingredients to rice mixture, tossing well. Cover and chill.

Nutrition Facts



Properties

Glycemic Index:55.98, Glycemic Load:33.8, Inflammation Score:-8, Nutrition Score:16.636086712713%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Catechin: 1.42mg, Catechin: 1.42mg, Catechin: 1.42mg, Catechin: 1.42mg Eriodictyol:

1.49mg, Eriodictyol: 1.49mg, Eriodictyol: 1.49mg, Eriodictyol: 1.49mg Hesperetin: 1.74mg, Hesperetin: 1.74mg, Hesperetin: 1.74mg, Hesperetin: 1.74mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.21mg, Apigenin: 0.21mg, Apigenin: 0.21mg, Apigenin: 0.21mg Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.65mg, Quercetin: 1.65mg, Quercetin: 1.65mg, Quercetin: 1.65mg

Nutrients (% of daily need)

Calories: 402.95kcal (20.15%), Fat: 3.91g (6.02%), Saturated Fat: 2.82g (17.6%), Carbohydrates: 63.38g (21.13%), Net Carbohydrates: 60.31g (21.93%), Sugar: 12.55g (13.94%), Cholesterol: 182.57mg (60.86%), Sodium: 626.76mg (27.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.2g (56.39%), Vitamin C: 47.16mg (57.17%), Manganese: 0.81mg (40.61%), Copper: 0.77mg (38.39%), Phosphorus: 337.29mg (33.73%), Vitamin A: 1294.09IU (25.88%), Vitamin K: 23.43µg (22.32%), Magnesium: 76.64mg (19.16%), Potassium: 629.86mg (18%), Zinc: 2.41mg (16.06%), Folate: 57.19µg (14.3%), Selenium: 9.35µg (13.36%), Calcium: 130.27mg (13.03%), Vitamin B6: 0.26mg (12.86%), Fiber: 3.07g (12.26%), Vitamin B5: 0.89mg (8.94%), Iron: 1.59mg (8.86%), Vitamin B3: 1.71mg (8.57%), Vitamin E: 1.18mg (7.85%), Vitamin B1: 0.09mg (5.86%), Vitamin B2: 0.09mg (5.42%)