



Coconut Rice With Fresh Ginger and Cilantro



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



35 min.

SERVINGS



4

CALORIES



230 kcal

SIDE DISH

Ingredients

- 1 cup rice uncooked
- 0.5 cup coconut milk
- 3 tablespoons cilantro leaves fresh chopped
- 1 tablespoon ginger fresh grated
- 1 teaspoon salt
- 1.3 cups vegetable broth

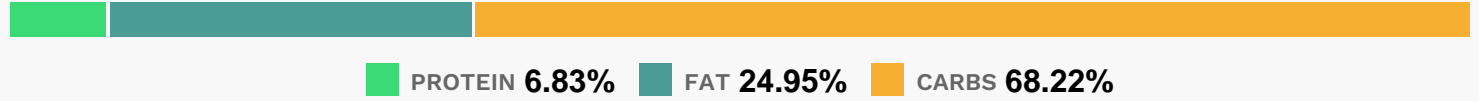
Equipment

- sauce pan

Directions

- Stir together vegetable broth, coconut milk, grated fresh ginger, and salt in a large saucepan; bring to a boil over high heat. Stir in rice; cover, reduce heat to low, and cook 20 minutes or until liquid is absorbed and rice is tender. Stir in cilantro.

Nutrition Facts



Properties

Glycemic Index:62.55, Glycemic Load:23.49, Inflammation Score:-2, Nutrition Score:4.9913042589374%

Flavonoids

Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 229.61kcal (11.48%), Fat: 6.35g (9.76%), Saturated Fat: 5.43g (33.94%), Carbohydrates: 39.03g (13.01%), Net Carbohydrates: 38.39g (13.96%), Sugar: 0.71g (0.79%), Cholesterol: 0mg (0%), Sodium: 881.47mg (38.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.91g (7.81%), Manganese: 0.73mg (36.35%), Selenium: 7µg (10%), Copper: 0.17mg (8.49%), Phosphorus: 81.05mg (8.1%), Iron: 1.32mg (7.35%), Magnesium: 25.4mg (6.35%), Vitamin B5: 0.52mg (5.17%), Vitamin B3: 0.94mg (4.68%), Zinc: 0.67mg (4.48%), Vitamin B6: 0.09mg (4.35%), Potassium: 124.28mg (3.55%), Vitamin A: 176.67IU (3.53%), Vitamin B1: 0.04mg (2.62%), Fiber: 0.64g (2.58%), Folate: 8.03µg (2.01%), Calcium: 18.88mg (1.89%), Vitamin B2: 0.02mg (1.4%)