



WHATSheATE



Coconut Rice with Mangoes and Pistachios



Gluten Free



Dairy Free

READY IN



28 min.

SERVINGS



5

CALORIES



507 kcal

SIDE DISH

Ingredients

- ☐ 2 cups rice
- ☐ 14 ounce coconut milk canned
- ☐ 1.3 cups chicken broth
- ☐ 1 cup mangos diced
- ☐ 0.5 cup roasted salted chopped
- ☐ 1 teaspoon salt

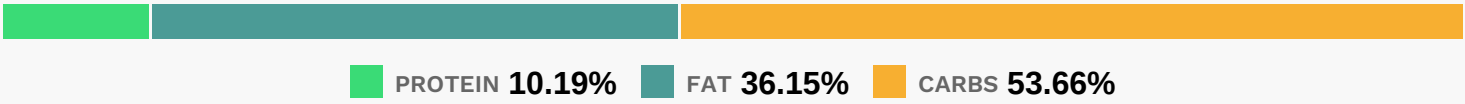
Equipment

- ☐ sauce pan

Directions

- ☐
- Bring first 3 ingredients to a boil in a large saucepan. Stir in rice. Cover, reduce heat, and simmer 15 minutes or until liquid is absorbed and rice is tender.
- ☐
- Remove from heat; let stand 5 minutes. Toss gently with remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:22.59, Glycemic Load:37.9, Inflammation Score:-5, Nutrition Score:14.506521717362%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.57mg, Catechin: 0.57mg, Catechin: 0.57mg, Catechin: 0.57mg 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: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg

Nutrients (% of daily need)

Calories: 507.46kcal (25.37%), Fat: 20.6g (31.69%), Saturated Fat: 17.22g (107.6%), Carbohydrates: 68.79g (22.93%), Net Carbohydrates: 65.55g (23.84%), Sugar: 7.53g (8.37%), Cholesterol: 16.16mg (5.39%), Sodium: 725.12mg (31.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.06g (26.13%), Manganese: 1.58mg (79.24%), Selenium: 23.1µg (33%), Phosphorus: 224.84mg (22.48%), Copper: 0.43mg (21.7%), Vitamin B6: 0.37mg (18.27%), Vitamin B3: 3.5mg (17.52%), Vitamin C: 14.23mg (17.25%), Magnesium: 57.96mg (14.49%), Vitamin B1: 0.2mg (13.31%), Fiber: 3.24g (12.95%), Potassium: 449.17mg (12.83%), Zinc: 1.84mg (12.26%), Iron: 2.12mg (11.79%), Vitamin B5: 1.14mg (11.43%), Folate: 32.81µg (8.2%), Vitamin B2: 0.13mg (7.65%), Vitamin A: 358.31IU (7.17%), Calcium: 41.03mg (4.1%), Vitamin E: 0.55mg (3.69%), Vitamin B12: 0.13µg (2.22%), Vitamin K: 1.54µg (1.47%)