



Coconut Rice with Spicy Tomato Sauce (Nasi Lemak with Sambal Tomat)



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



392 kcal

SIDE DISH

Ingredients

- ☐ 2 bay leaves
- ☐ 1 tablespoon brown sugar
- ☐ 14.5 ounce canned tomatoes whole seeded undrained chopped canned
- ☐ 2 teaspoons garlic minced
- ☐ 0.3 teaspoon kosher salt
- ☐ 0.5 teaspoon kosher salt
- ☐ 3 cups lite coconut milk light

- ☐ 2 tablespoons juice of lime fresh
- ☐ 1 teaspoon lime zest grated
- ☐ 1 tablespoon vegetable oil; peanut oil preferred
- ☐ 1 cup shallots peeled quartered (4 large)
- ☐ 8 thai chile red
- ☐ 2 cups rice long-grain white uncooked

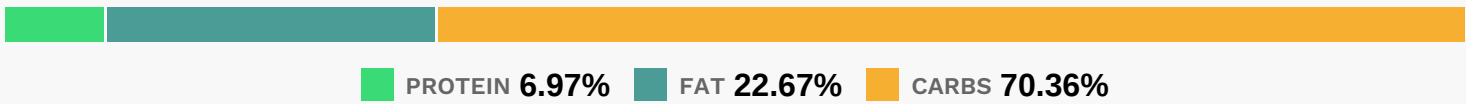
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ To prepare the rice, combine coconut milk, rice, and bay leaves in a medium saucepan; bring to a boil. Cover, reduce heat, and simmer 20 minutes or until liquid is absorbed.
- ☐ Let stand 5 minutes; discard bay leaves. Fluff rice with a fork. Stir in 1/2 teaspoon salt.
- ☐ To prepare sambal, seed 7 chiles; leave seeds in 1 chile. Mince chiles.
- ☐ Heat oil in a large saucepan over medium-high heat.
- ☐ Add shallots and garlic to pan; saut 3 minutes or until lightly browned.
- ☐ Add chiles and sugar to pan; saut 1 minute or until fragrant.
- ☐ Add rind, juice, and tomatoes to pan; cover, reduce heat, and simmer 20 minutes or until thickened. Stir in 1/4 teaspoon salt.
- ☐ Serve sambal over rice.

Nutrition Facts



Properties

Glycemic Index:31.86, Glycemic Load:32.79, Inflammation Score:-5, Nutrition Score:10.8817389737%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.59mg, Hesperetin: 0.59mg, Hesperetin: 0.59mg, Hesperetin: 0.59mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg

Nutrients (% of daily need)

Calories: 391.5kcal (19.57%), Fat: 9.65g (14.85%), Saturated Fat: 7.2g (45.02%), Carbohydrates: 67.4g (22.47%), Net Carbohydrates: 63.92g (23.24%), Sugar: 8.44g (9.37%), Cholesterol: 0mg (0%), Sodium: 473.39mg (20.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.68g (13.36%), Manganese: 0.94mg (47.17%), Vitamin C: 21.08mg (25.55%), Vitamin B6: 0.37mg (18.35%), Copper: 0.31mg (15.43%), Selenium: 10.39µg (14.84%), Fiber: 3.48g (13.94%), Potassium: 430.05mg (12.29%), Phosphorus: 120.75mg (12.07%), Iron: 1.96mg (10.89%), Magnesium: 39.3mg (9.82%), Vitamin B3: 1.96mg (9.79%), Vitamin B5: 0.95mg (9.48%), Vitamin E: 1.35mg (8.98%), Vitamin B1: 0.13mg (8.34%), Folate: 28.8µg (7.2%), Zinc: 1.05mg (6.97%), Calcium: 60.61mg (6.06%), Vitamin B2: 0.08mg (4.67%), Vitamin K: 4.65µg (4.42%), Vitamin A: 200.85IU (4.02%)