



Cook the Book: Coconut Rice with Variations



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



502 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup chicken stock see or any stock or broth, as needed
- ☐ 2 cups rice white cooked (preferably day old)
- ☐ 0.5 cup coconut flakes sweetened (more if you really love coconut)
- ☐ 0.3 cup cup heavy whipping cream

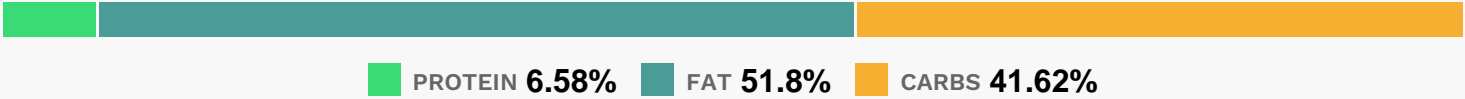
Equipment

- ☐ frying pan

Directions

- ☐ Preheat a griddle or large sauté pan over high heat until very hot.
- ☐ Add the rice, cream, and stock. You want the liquid to cover the rice but not so much that a lot of liquid leaks around the sides of the mound of rice.
- ☐ Sprinkle the coconut on top of the rice, cover, and steam until the rice is warm and the liquid had been absorbed. If there is too much liquid, remove the lid to cook off the excess.
- ☐ Tofu, Peas, and Peanut Rice
- ☐ Use half a small package of firm tofu, a handful of frozen peas, and a handful of crushed peanuts. Follow the instructions for Coconut Rice, but add the tofu, peas, and peanuts instead of the coconut.
- ☐ Pistachio Ricotta Rice
- ☐ Use a handful of pistachios and 1/4 cup fresh whole-milk ricotta cheese. Follow the instructions for Coconut Rice, but add the pistachios instead of the coconut and fold in the ricotta when the rice is done.

Nutrition Facts



Properties

Glycemic Index:54.5, Glycemic Load:47.83, Inflammation Score:-5, Nutrition Score:10.871739084306%

Nutrients (% of daily need)

Calories: 502.12kcal (25.11%), Fat: 29.19g (44.91%), Saturated Fat: 21.6g (134.98%), Carbohydrates: 52.78g (17.59%), Net Carbohydrates: 48.68g (17.7%), Sugar: 3.75g (4.16%), Cholesterol: 46.62mg (15.54%), Sodium: 105.95mg (4.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.35g (16.7%), Manganese: 1.33mg (66.47%), Selenium: 18.29µg (26.13%), Fiber: 4.1g (16.38%), Copper: 0.31mg (15.75%), Phosphorus: 150.92mg (15.09%), Vitamin B6: 0.26mg (13.06%), Vitamin A: 584.9IU (11.7%), Magnesium: 43.26mg (10.82%), Vitamin B2: 0.17mg (9.84%), Zinc: 1.38mg (9.2%), Vitamin B5: 0.89mg (8.87%), Vitamin B3: 1.73mg (8.67%), Potassium: 271.37mg (7.75%), Iron: 1.19mg (6.6%), Calcium: 49.31mg (4.93%), Vitamin B1: 0.07mg (4.89%), Vitamin D: 0.63µg (4.23%), Vitamin E: 0.54mg (3.6%), Folate: 11.24µg (2.81%), Vitamin K: 1.45µg (1.38%), Vitamin B12: 0.06µg (1.06%)