



Gluten-Free Coconut Ginger Rice



Vegetarian



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



8

CALORIES



152 kcal

SIDE DISH

Ingredients

- ☐ 2.5 cups chicken broth reduced-sodium (from 32-oz carton)
- ☐ 0.7 cup lite coconut milk reduced-fat (lite) (not cream of coconut)
- ☐ 1 tablespoon ginger grated
- ☐ 0.5 teaspoon salt
- ☐ 1.3 cups rice long-grain uncooked
- ☐ 1 teaspoon lime zest grated
- ☐ 3 tablespoons spring onion chopped
- ☐ 3 tablespoons coconut flakes flaked toasted

☐ 1 serving lime

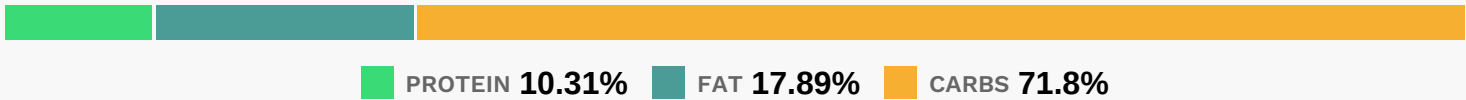
Equipment

☐ sauce pan

Directions

- ☐ Heat broth, coconut milk, gingerroot and salt to boiling in 3-quart saucepan over medium-high heat. Stir in rice.
- ☐ Heat to boiling; reduce heat. Cover and simmer about 15 minutes or until rice is tender and liquid is absorbed; remove from heat.
- ☐ Add lime peel and onions. Fluff rice, lime peel and onions lightly with fork to mix.
- ☐ Garnish with coconut and lime slices.

Nutrition Facts



Properties

Glycemic Index:21.52, Glycemic Load:14.9, Inflammation Score:-1, Nutrition Score:3.5917391077332%

Flavonoids

Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 152.14kcal (7.61%), Fat: 2.98g (4.58%), Saturated Fat: 2.37g (14.83%), Carbohydrates: 26.89g (8.96%), Net Carbohydrates: 26.1g (9.49%), Sugar: 0.34g (0.38%), Cholesterol: 0mg (0%), Sodium: 184.07mg (8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.86g (7.72%), Manganese: 0.39mg (19.65%), Vitamin B3: 1.53mg (7.67%), Selenium: 5.02µg (7.18%), Phosphorus: 62.64mg (6.26%), Copper: 0.12mg (6.23%), Vitamin K: 4.7µg (4.47%), Potassium: 119.32mg (3.41%), Vitamin B6: 0.07mg (3.33%), Vitamin B5: 0.33mg (3.32%), Fiber: 0.79g (3.17%), Zinc: 0.46mg (3.07%), Iron: 0.51mg (2.81%), Magnesium: 10.99mg (2.75%), Vitamin B2: 0.04mg (2.43%), Vitamin B1: 0.02mg (1.62%), Calcium: 14.04mg (1.4%), Vitamin B12: 0.07µg (1.23%), Folate: 4.2µg (1.05%)