

SIDE DISH

Green Coconut Rice

8 October 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	4	\$1.19	282 kcal

Green Coconut Rice is a side dish that serves 4. Watching your figure? This gluten free, dairy free, lacto ovo vegetarian, and fodmap friendly recipe has 282 calories, 4g of protein, and 9g of fat per serving. For \$1.19 per serving, this recipe covers 9% of your daily requirements of vitamins and mi...

Ingredients

- ☐ 2 cups baby spinach
- ☐ 1 cup basmati rice
- ☐ 1 tablespoon peeled, minced fresh ginger
- ☐ 2 cups light coconut milk, divided
- ☐ 1 tablespoon lime juice
- ☐ 1 teaspoon salt, divided
- ☐ 1 teaspoon sugar
- ☐ 2 teaspoons vegetable oil
- ☐ 1 cup water

EQUIPMENT Sauce pan, Blender

Method

- 1

Heat oil in a saucepan over medium-high heat. Saut ginger and 1 cup rice 30 seconds. Stir in 1 cup water, 1/2 teaspoon salt, and 1 cup coconut milk; bring to a boil. Cover, reduce heat, and cook 15 minutes, or until tender. Puree 1 cup coconut milk, 1/2 teaspoon salt, lime juice, spinach, and sugar in a blender. Fold into rice.

Nutrition per serving

282	4 g	9 g	42 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			7.1 g · 44% of daily needs
Fibre			1 g · 4% of daily needs
Sugar			1.2 g · 1% of daily needs
Sodium			682 mg · 30% of daily needs
Cholesterol			0 mg · 0% of daily needs
Vitamin C			5.4 mg · 7% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/green-coconut-rice-148638