



Kobbari Annam (Coconut Rice)

 Vegetarian  Gluten Free

READY IN

ready

25 min.

SERVINGS

servings

4

CALORIES

calories

472 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon asafoetida powder
- ☐ 0.3 cup cashew pieces
- ☐ 1 cup coconut or fresh grated
- ☐ 2 tablespoons coconut oil
- ☐ 3 cups rice white cold cooked
- ☐ 1 teaspoon cumin seeds
- ☐ 2 sprigs curry leaves fresh
- ☐ 2 tablespoons ghee (clarified butter)

- ☐ 4 chile peppers green halved lengthwise
- ☐ 2 tablespoons skinned lentils split black (urad dal)
- ☐ 1 teaspoon mustard seeds
- ☐ 3 chile peppers dried red
- ☐ 4 servings salt to taste
- ☐ 2 tablespoons sesame seed toasted
- ☐ 1 tablespoon bengal gram flour split (chana dal)

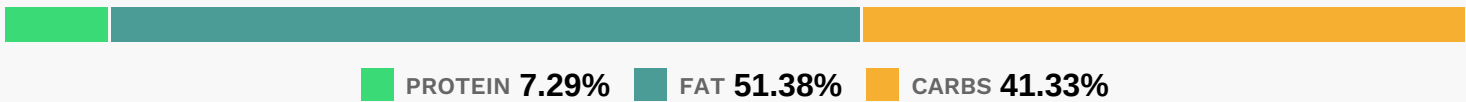
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ slotted spoon

Directions

- ☐ Heat the coconut oil and ghee together in a large skillet over medium heat; fry the cashews in the hot mixture until golden brown.
- ☐ Remove the cashews using a slotted spoon to a bowl; set aside.
- ☐ Add the red chile peppers, urad dal, chana dal, mustard seeds, and cumin seeds to the remaining oil. When the seeds begin to splutter, add the coconut, green chile peppers, curry leaves, and asafoetida powder; cook together for 1 minute before adding the rice. Season with salt. Stir the mixture, breaking the rice apart into individual grains with the back of the spoon; cook and stir until the rice is thoroughly reheated, 8 to 10 minutes.
- ☐ Garnish with the cashews and sesame seeds.
- ☐ Serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:51.55, Glycemic Load:36.72, Inflammation Score:-6, Nutrition Score:16.062608667042%

Nutrients (% of daily need)

Calories: 472.06kcal (23.6%), Fat: 27.57g (42.42%), Saturated Fat: 17.39g (108.68%), Carbohydrates: 49.89g (16.63%), Net Carbohydrates: 42.64g (15.51%), Sugar: 3.61g (4.01%), Cholesterol: 19.2mg (6.4%), Sodium: 352.17mg (15.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.81g (17.61%), Vitamin B3: 12.44mg (62.21%), Manganese: 1.15mg (57.52%), Folate: 133.64µg (33.41%), Vitamin C: 26.65mg (32.3%), Fiber: 7.25g (28.99%), Copper: 0.52mg (26.01%), Selenium: 15.5µg (22.14%), Iron: 3.02mg (16.77%), Magnesium: 63.53mg (15.88%), Phosphorus: 156.26mg (15.63%), Zinc: 1.66mg (11.04%), Vitamin B6: 0.19mg (9.75%), Calcium: 80.12mg (8.01%), Vitamin B1: 0.11mg (7.51%), Vitamin B5: 0.6mg (6.03%), Potassium: 206.96mg (5.91%), Vitamin K: 3.34µg (3.18%), Vitamin A: 144.77IU (2.9%), Vitamin B2: 0.04mg (2.55%), Vitamin E: 0.25mg (1.7%)