

Laxmi's Fresh Coconut Milk



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



142 kcal

BEVERAGE

DRINK

Ingredients

- 4 cups coconut or fresh grated
- 2 cups water

Equipment

- food processor
- bowl
- frying pan
- sauce pan
- sieve

blender

Directions

- In a 2- to 2 1/2-quart saucepan bring water to a boil and add coconut. Cook coconut over moderately high heat 2 minutes and remove pan from heat.
- Let mixture stand, covered, 10 minutes. In a food processor or blender blend coconut mixture until very thick. In a fine sieve set over a bowl strain coconut mixture, pressing hard on solids. Working over bowl, squeeze small handfuls of solids to extract as much milk as possible. Coconut milk keeps, covered and chilled, 3 days or frozen in an airtight container 6 months.

Nutrition Facts

 **PROTEIN 3.55%**  **FAT 80.27%**  **CARBS 16.18%**

Properties

Glycemic Index:1.25, Glycemic Load:0.25, Inflammation Score:-1, Nutrition Score:3.9521739087675%

Nutrients (% of daily need)

Calories: 141.6kcal (7.08%), Fat: 13.4g (20.62%), Saturated Fat: 11.88g (74.25%), Carbohydrates: 6.08g (2.03%), Net Carbohydrates: 2.48g (0.9%), Sugar: 2.49g (2.77%), Cholesterol: 0mg (0%), Sodium: 10.96mg (0.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.33g (2.66%), Manganese: 0.6mg (30%), Fiber: 3.6g (14.4%), Copper: 0.18mg (9.17%), Selenium: 4.04µg (5.77%), Iron: 0.97mg (5.4%), Phosphorus: 45.2mg (4.52%), Potassium: 142.4mg (4.07%), Magnesium: 13.39mg (3.35%), Zinc: 0.45mg (2.97%), Folate: 10.4µg (2.6%), Vitamin B1: 0.03mg (1.76%), Vitamin C: 1.32mg (1.6%), Vitamin B5: 0.12mg (1.2%), Vitamin B3: 0.22mg (1.08%), Vitamin B6: 0.02mg (1.08%)