



Lemongrass Coconut Rice



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



35 min.

SERVINGS



6

CALORIES



246 kcal

SIDE DISH

Ingredients



2 bay leaves



1.8 cups coconut milk



0.5 teaspoon ground turmeric



1 stalk lemongrass peeled



1 cup rice long-grain rinsed drained



1 pinch salt

Equipment

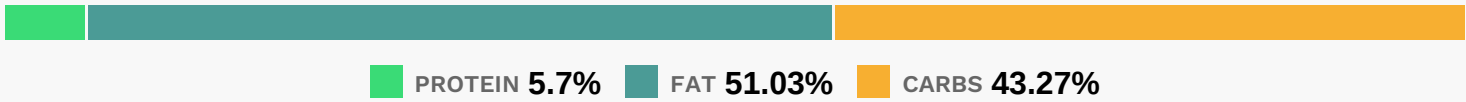


sauce pan

Directions

- ☐ Lightly pound the lemongrass stalk with a kitchen mallet.
- ☐ Combine the lemongrass, rice, coconut milk, bay leaves, turmeric, and salt in a saucepan over medium heat. Bring the mixture to a boil, stirring occasionally; reduce heat to low and simmer until all liquid is absorbed, about 25 minutes.
- ☐ Remove bay leaves and lemongrass before serving.

Nutrition Facts



Properties

Glycemic Index:27.2, Glycemic Load:16.64, Inflammation Score:-8, Nutrition Score:6.0173913459091%

Nutrients (% of daily need)

Calories: 245.57kcal (12.28%), Fat: 14.3g (21.99%), Saturated Fat: 12.53g (78.33%), Carbohydrates: 27.27g (9.09%), Net Carbohydrates: 26.82g (9.75%), Sugar: 0.04g (0.05%), Cholesterol: 0mg (0%), Sodium: 16.79mg (0.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.59g (7.18%), Manganese: 0.99mg (49.41%), Iron: 2.71mg (15.05%), Copper: 0.22mg (11.13%), Phosphorus: 101.75mg (10.17%), Magnesium: 39.89mg (9.97%), Selenium: 4.68µg (6.69%), Potassium: 202.94mg (5.8%), Zinc: 0.77mg (5.13%), Vitamin B3: 0.95mg (4.75%), Vitamin B5: 0.41mg (4.15%), Vitamin B6: 0.07mg (3.73%), Folate: 13.69µg (3.42%), Vitamin B1: 0.04mg (2.53%), Calcium: 22.71mg (2.27%), Fiber: 0.44g (1.78%), Vitamin B2: 0.02mg (1.12%)