



Make-Ahead Coconut Forbidden Rice with Tofu and Summer Fruit

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



35 min.

SERVINGS



2

CALORIES



441 kcal

SIDE DISH

Ingredients

- 2 servings pepper black freshly ground
- 0.5 cup cilantro leaves
- 6 ounces tofu cut into 1/2-inch planks ()
- 2 servings kosher salt
- 1.5 teaspoons juice of lime (from 1 lime)
- 1 cup lite coconut milk
- 2 medium plums cut into 1/4-inch wedges

- 0.5 cup rice black (see note above)
- 1 tablespoon sesame oil
- 1 cup watermelon black cubed

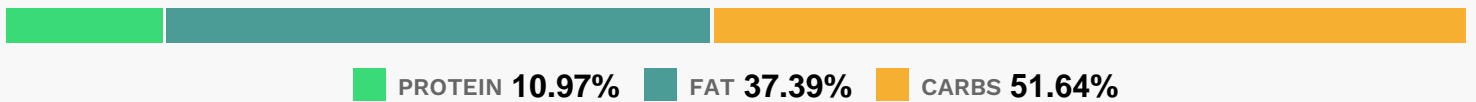
Equipment

- bowl
- frying pan
- grill pan

Directions

- Cook rice according to package instructions, with coconut milk in place of water. Season with salt while simmering. Meanwhile, preheat a grill pan or large skillet over medium-high heat.
- Brush the tofu with 1 teaspoon of sesame oil on each side and season with salt and pepper. Cook tofu until browned and crisp all over, about 4 minutes per side.
- Mix together watermelon and plums in bowl. Stir together remaining teaspoon sesame oil, lime juice, and zest.
- Add rice to bowl and toss gently.
- Add sesame lime dressing and stir gently to coat. Fold in cilantro. Taste and add 1/8 teaspoon more salt if needed. Top with tofu.
- Let cool, then refrigerate until ready to eat.

Nutrition Facts



Properties

Glycemic Index:126.76, Glycemic Load:29.08, Inflammation Score:-6, Nutrition Score:8.6143478310626%

Flavonoids

Cyanidin: 3.72mg, Cyanidin: 3.72mg, Cyanidin: 3.72mg, Cyanidin: 3.72mg Peonidin: 0.2mg, Peonidin: 0.2mg, Peonidin: 0.2mg, Peonidin: 0.2mg Catechin: 1.91mg, Catechin: 1.91mg, Catechin: 1.91mg, Catechin: 1.91mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 2.11mg, Epicatechin: 2.11mg, Epicatechin: 2.11mg, Epicatechin: 2.11mg Epicatechin 3-gallate: 0.5mg,

Epicatechin 3-gallate: 0.5mg, Epicatechin 3-gallate: 0.5mg, Epicatechin 3-gallate: 0.5mg Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Quercetin: 2.73mg, Quercetin: 2.73mg, Quercetin: 2.73mg Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg

Nutrients (% of daily need)

Calories: 440.73kcal (22.04%), Fat: 18.03g (27.74%), Saturated Fat: 8.19g (51.18%), Carbohydrates: 56.05g (18.68%), Net Carbohydrates: 53.39g (19.41%), Sugar: 11.67g (12.97%), Cholesterol: 0mg (0%), Sodium: 285.53mg (12.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.9g (23.81%), Manganese: 0.6mg (29.87%), Vitamin A: 932.48IU (18.65%), Vitamin C: 14.63mg (17.73%), Vitamin K: 17.88µg (17.03%), Calcium: 132.31mg (13.23%), Fiber: 2.66g (10.65%), Selenium: 7.33µg (10.48%), Iron: 1.77mg (9.84%), Copper: 0.18mg (9.14%), Potassium: 268.52mg (7.67%), Vitamin B5: 0.75mg (7.55%), Phosphorus: 74.71mg (7.47%), Vitamin B6: 0.14mg (6.84%), Magnesium: 25.3mg (6.32%), Vitamin B3: 1.2mg (6.01%), Vitamin B1: 0.08mg (5.31%), Zinc: 0.67mg (4.47%), Vitamin B2: 0.06mg (3.71%), Vitamin E: 0.47mg (3.12%), Folate: 12.15µg (3.04%)