



Mango and Coconut Rice Salad



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



631 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.7 cup rice
- ☐ 0.7 cup cilantro leaves roughly chopped
- ☐ 0.7 cup coconut flakes flaked
- ☐ 2 spring onion thinly sliced
- ☐ 1 juice of lemon grated
- ☐ 1 large mangos
- ☐ 2 tbsp mint leaves roughly chopped
- ☐ 2 tbsp vegetable oil; peanut oil preferred

- ☐ 1 bell pepper red thinly sliced
- ☐ 1 to 5 chillies fresh red seeded finely chopped
- ☐ 1 cup rice red
- ☐ 0.5 cup roasted peanuts salted roughly chopped
- ☐ 4 servings salt
- ☐ 0.8 cup shallots homemade bought (or , optional)
- ☐ 1 cup thai basil loosely packed
- ☐ 1 tsp butter unsalted
- ☐ 0.5 cup water

Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ mixing bowl

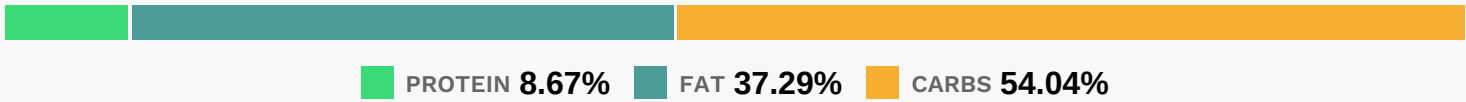
Directions

- ☐ Start by cooking the rice.
- ☐ Put the jasmine rice and butter in a small saucepan and place on a medium heat.
- ☐ Add a little salt, the water and half the Thai basil (keep the leaves attached to the stalk). Bring to the boil, then cover and cook on a slow simmer for 15 to 20 minutes.
- ☐ Remove and discard the basil.
- ☐ Spread out the rice on a flat tray to cool down.
- ☐ Cook the red rice in plenty of boiling water (as you would cook pasta but with no salt) for 20 minutes, or until it is cooked through.
- ☐ Drain and spread on a tray to cool down.
- ☐ Pick off the leaves of the remaining basil and chop them up roughly.
- ☐ Place them in a large mixing bowl.
- ☐ Add the jasmine and red rice together with all the remaining ingredients, apart from the shallots, and stir just to mix; do not stir too much or the mango pieces will disintegrate. Taste and adjust the seasoning.

☐

Transfer the salad into serving bowls and garnish with crisp-fried shallots, if you like.

Nutrition Facts



Properties

Glycemic Index:103.78, Glycemic Load:43.38, Inflammation Score:-9, Nutrition Score:26.699565552175%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg Eriodictyol: 0.61mg, Eriodictyol: 0.61mg, Eriodictyol: 0.61mg, Eriodictyol: 0.61mg Hesperetin: 1.17mg, Hesperetin: 1.17mg, Hesperetin: 1.17mg, Hesperetin: 1.17mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.15mg, Quercetin: 2.15mg, Quercetin: 2.15mg, Quercetin: 2.15mg

Nutrients (% of daily need)

Calories: 630.5kcal (31.53%), Fat: 26.83g (41.28%), Saturated Fat: 11.49g (71.83%), Carbohydrates: 87.5g (29.17%), Net Carbohydrates: 79.11g (28.77%), Sugar: 13.93g (15.48%), Cholesterol: 2.69mg (0.9%), Sodium: 294.32mg (12.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.04g (28.09%), Vitamin C: 82.93mg (100.52%), Manganese: 1.97mg (98.73%), Vitamin K: 51.4µg (48.95%), Vitamin A: 2222.22IU (44.44%), Fiber: 8.39g (33.56%), Vitamin B6: 0.6mg (29.76%), Copper: 0.56mg (28.1%), Vitamin B3: 5.05mg (25.23%), Phosphorus: 243.23mg (24.32%), Folate: 96.07µg (24.02%), Selenium: 16.66µg (23.79%), Magnesium: 90.48mg (22.62%), Potassium: 702.06mg (20.06%), Vitamin E: 2.43mg (16.17%), Vitamin B5: 1.54mg (15.43%), Iron: 2.74mg (15.22%), Vitamin B1: 0.2mg (13.02%), Zinc: 1.92mg (12.81%), Calcium: 89.71mg (8.97%), Vitamin B2: 0.15mg (8.72%)