



Mango Coconut Rice



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN

ready

30 min.

SERVINGS

servings

6

CALORIES

calories

362 kcal

SIDE DISH

Ingredients



1 large mangos ripe cubed peeled



1 tablespoon olive oil



1.5 cups rice long-grain



1 teaspoon salt



14 ounce coconut milk unsweetened canned



0.7 cup water

Equipment



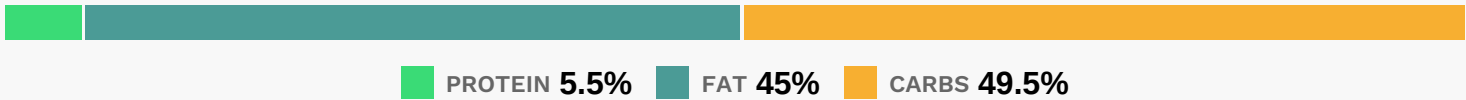
frying pan

- ☐ sauce pan
- ☐ kitchen towels

Directions

- ☐ In a large saucepan, heat the oil over medium-high heat.
- ☐ Add the rice and stir to coat with the oil.
- ☐ Add the coconut milk, water, and salt; bring to a boil. Stir in the mango. Cover, reduce heat to low, and simmer about 20 minutes or until the liquid is absorbed.
- ☐ Remove the rice from the heat and fluff with a fork.
- ☐ Place a clean, dry dish towel over the pan, cover with the lid, and let steam for 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:18.82, Glycemic Load:24.65, Inflammation Score:-4, Nutrition Score:9.3413042711175%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg 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: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg

Nutrients (% of daily need)

Calories: 362.28kcal (18.11%), Fat: 18.51g (28.48%), Saturated Fat: 14.39g (89.97%), Carbohydrates: 45.82g (15.27%), Net Carbohydrates: 43.21g (15.71%), Sugar: 6.99g (7.77%), Cholesterol: 0mg (0%), Sodium: 401.52mg (17.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.1g (10.19%), Manganese: 1.13mg (56.59%), Vitamin C: 14.41mg (17.47%), Selenium: 11.29µg (16.13%), Copper: 0.32mg (16.03%), Phosphorus: 124.17mg (12.42%), Fiber: 2.61g (10.43%), Magnesium: 39.76mg (9.94%), Iron: 1.53mg (8.48%), Potassium: 285.22mg (8.15%), Vitamin A: 373.29IU (7.47%), Vitamin B3: 1.47mg (7.37%), Folate: 29.12µg (7.28%), Vitamin B6: 0.14mg (6.94%), Vitamin B5: 0.66mg (6.58%), Zinc: 0.98mg (6.55%), Vitamin E: 0.8mg (5.31%), Vitamin B1: 0.06mg (3.95%), Calcium: 28.38mg (2.84%), Vitamin K: 2.97µg (2.82%), Vitamin B2: 0.04mg (2.1%)