



## Nasi Lemak (Malaysia)

 **Gluten Free**  **Dairy Free**

READY IN



**60 min.**

SERVINGS



**4**

CALORIES



**749 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 2 cups rice rinsed uncooked drained
- 1 cup full fat coconut cream
- 0.5 inch ginger fresh minced
- 1 slice ginger root fresh thinly sliced (3/)
- 1 onion sliced
- 15 chile peppers dried red to taste
- 4 servings salt to taste
- 6 shallots chopped

- 1 pound shrimp deveined peeled
- 1 tablespoon shrimp paste
- 0.5 cup tamarind juice
- 1 tablespoon vegetable oil
- 1.8 cups water
- 1 tablespoon sugar white

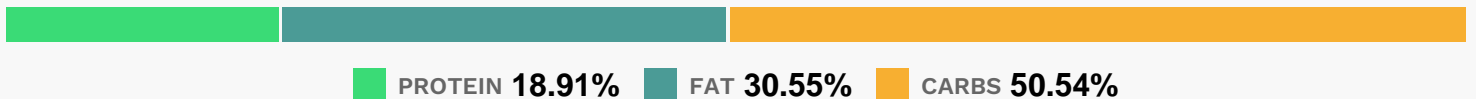
## Equipment

- frying pan
- sauce pan
- blender

## Directions

- Bring the rice, water, sliced shallots, coconut cream, ginger, and salt to a boil in a saucepan over high heat. Reduce heat to medium-low, cover, and simmer until the rice is tender, and the liquid has been absorbed, 20 to 25 minutes. Meanwhile, place the chopped shallots, dried chile peppers, minced ginger, and shrimp paste in a blender and process to a thick paste.
- Heat vegetable oil in a large skillet over medium-high heat. Cook and stir chile paste until fragrant. Stir in sugar, tamarind juice, and salt, then toss in onion and shrimp and simmer until shrimp are bright pink on the outside and the meat is no longer transparent in the center, about 5 minutes.
- Serve over the hot rice.

## Nutrition Facts



## Properties

Glycemic Index:54.57, Glycemic Load:48.74, Inflammation Score:-6, Nutrition Score:19.02826100847%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg,

Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg

## Nutrients (% of daily need)

Calories: 748.68kcal (37.43%), Fat: 25.78g (39.66%), Saturated Fat: 19.29g (120.55%), Carbohydrates: 95.98g (31.99%), Net Carbohydrates: 91.06g (33.11%), Sugar: 12g (13.33%), Cholesterol: 225.32mg (75.11%), Sodium: 482.65mg (20.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.91g (71.82%), Manganese: 2mg (99.83%), Copper: 0.95mg (47.31%), Phosphorus: 456.8mg (45.68%), Magnesium: 94.78mg (23.69%), Potassium: 815.49mg (23.3%), Zinc: 3.34mg (22.28%), Iron: 3.84mg (21.31%), Selenium: 14.65µg (20.93%), Fiber: 4.91g (19.65%), Vitamin B6: 0.36mg (18.09%), Calcium: 147.73mg (14.77%), Vitamin B5: 1.27mg (12.69%), Vitamin C: 9.6mg (11.64%), Vitamin B3: 2.32mg (11.58%), Folate: 40.6µg (10.15%), Vitamin A: 498.7IU (9.97%), Vitamin K: 8.82µg (8.4%), Vitamin B1: 0.12mg (8.05%), Vitamin B2: 0.08mg (4.99%), Vitamin E: 0.5mg (3.34%)