

Penang Rice Salad



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



398 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 5 tablespoons vietnamese basil fresh very thinly sliced (from 1 bunch)
- ☐ 0.3 cup d coconut dried unsweetened
- ☐ 3 tablespoons mint leaves fresh very thinly sliced
- ☐ 11.8 oz jasmine rice
- ☐ 3 leaves kaffir lime fresh frozen thawed (2 1/2-inch-long)
- ☐ 1 large lemongrass stalk fresh end trimmed
- ☐ 2 tablespoons juice of lime fresh to taste
- ☐ 0.3 teaspoon salt

- ☐ 0.8 cup shallots halved lengthwise very thinly sliced
- ☐ 1 oz fine-quality shrimp dried
- ☐ 0.5 inch turmeric fresh frozen thawed finely grated peeled
- ☐ 3 cups water
- ☐ 0.5 teaspoon pepper white freshly ground

Equipment

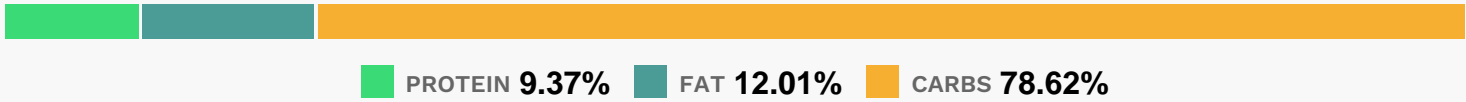
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ knife
- ☐ sieve
- ☐ baking pan

Directions

- ☐ Wash rice in several changes of cold water in a bowl until water is clear, then drain well in a sieve.
- ☐ Combine with 3 cups fresh water in a 2 1/2-quart heavy saucepan. Bring to a boil, then reduce heat to low and cook, covered, until rice is tender and water is absorbed, about 15 minutes.
- ☐ Remove from heat and let stand, covered, 5 minutes. Fluff gently with a fork, then transfer 5 cups to a large shallow baking pan and cool to warm room temperature. Reserve remaining rice for another use.
- ☐ While rice is cooking, toast coconut in a dry heavy skillet (preferably cast-iron) over moderately low heat, stirring constantly, until golden, 4 to 6 minutes, then transfer to a small bowl to cool. Pulse in grinder once or twice (do not overgrind or you will end up with coconut butter), then return to small bowl. Finely grind shrimp in grinder until very fluffy, about 1 minute. Thinly slice lower 6 inches of lemongrass stalk and very finely mince slices.
- ☐ Cut out central veins and stems from lime leaves with a sharp knife, then slice leaves lengthwise into hair-thin strips.
- ☐ Toss together rice, coconut, dried shrimp, lemongrass, lime leaves, turmeric (if using), shallot, basil, mint, 2 tablespoons lime juice, white pepper, and salt until combined well and free of lumps, then season with additional salt and lime juice if necessary.

- ☐ Serve immediately.
- ☐ *Available at Temple of Thai (877-811-8773).**Available at Asian markets.

Nutrition Facts



Properties

Glycemic Index:32.05, Glycemic Load:41.89, Inflammation Score:-5, Nutrition Score:11.022174031838%

Flavonoids

Eriodictyol: 1.32mg, Eriodictyol: 1.32mg, Eriodictyol: 1.32mg, Eriodictyol: 1.32mg Hesperetin: 1.05mg, Hesperetin: 1.05mg, Hesperetin: 1.05mg, Hesperetin: 1.05mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 397.91kcal (19.9%), Fat: 5.29g (8.14%), Saturated Fat: 4.23g (26.44%), Carbohydrates: 77.89g (25.96%), Net Carbohydrates: 73.82g (26.85%), Sugar: 4.24g (4.71%), Cholesterol: 11.41mg (3.8%), Sodium: 176.39mg (7.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.28g (18.56%), Manganese: 1.36mg (67.87%), Selenium: 14.45µg (20.64%), Copper: 0.36mg (17.8%), Fiber: 4.07g (16.28%), Vitamin B6: 0.32mg (16.04%), Phosphorus: 157.91mg (15.79%), Magnesium: 45.5mg (11.37%), Vitamin B5: 1.06mg (10.55%), Iron: 1.82mg (10.12%), Potassium: 343.39mg (9.81%), Zinc: 1.42mg (9.48%), Vitamin C: 7.32mg (8.87%), Vitamin B3: 1.56mg (7.79%), Folate: 28.68µg (7.17%), Vitamin B1: 0.1mg (6.36%), Calcium: 63.52mg (6.35%), Vitamin B2: 0.07mg (4.16%), Vitamin A: 198.64IU (3.97%), Vitamin K: 2.06µg (1.96%), Vitamin E: 0.17mg (1.13%)