



Pineapple-Coconut Rice



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



246 kcal

SIDE DISH

Ingredients

- ☐ 0.8 cup basmati long-grain uncooked
- ☐ 0.5 cup green onions chopped
- ☐ 2 teaspoons olive oil
- ☐ 1 cup onion diced
- ☐ 0.3 teaspoon pepper
- ☐ 1.5 cups pineapple fresh diced
- ☐ 0.5 cup pineapple juice
- ☐ 0.5 teaspoon salt

- ☐ 2 tablespoons coconut or sweetened flaked
- ☐ 1 cup water
- ☐ 2 teaspoons or dried fresh minced

Equipment

- ☐ sauce pan

Directions

- ☐ Heat olive oil in a large saucepan over medium heat.
- ☐ Add diced onion, minced thyme, and pepper, and saut 2 minutes.
- ☐ Add rice, and cook 1 minute. Stir in the pineapple and remaining ingredients, and bring to a boil. Cover, reduce heat, and simmer 20 minutes or until rice is done and liquid is absorbed.

Nutrition Facts



Properties

Glycemic Index:64.21, Glycemic Load:23.69, Inflammation Score:-7, Nutrition Score:11.815652287525%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 9.54mg, Quercetin: 9.54mg, Quercetin: 9.54mg, Quercetin: 9.54mg

Nutrients (% of daily need)

Calories: 246.27kcal (12.31%), Fat: 4.51g (6.94%), Saturated Fat: 2.33g (14.59%), Carbohydrates: 48.52g (16.17%), Net Carbohydrates: 45.19g (16.43%), Sugar: 13.8g (15.33%), Cholesterol: 0mg (0%), Sodium: 321.6mg (13.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.87g (7.74%), Manganese: 1.3mg (64.91%), Vitamin C: 38.09mg (46.17%), Vitamin K: 36.57µg (34.83%), Fiber: 3.33g (13.32%), Copper: 0.23mg (11.41%), Vitamin B6: 0.22mg (10.83%), Selenium: 6.82µg (9.75%), Folate: 36.44µg (9.11%), Iron: 1.57mg (8.74%), Magnesium: 31.82mg (7.96%), Vitamin B1: 0.12mg (7.96%), Potassium: 271.09mg (7.75%), Phosphorus: 72.02mg (7.2%), Vitamin B5: 0.57mg (5.71%), Vitamin B3: 1.11mg (5.56%), Calcium: 52.58mg (5.26%), Zinc: 0.69mg (4.62%), Vitamin B2: 0.07mg (3.95%), Vitamin A: 182.47IU (3.65%), Vitamin E: 0.46mg (3.07%)