



Rice with Coconut



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



252 kcal

SIDE DISH

Ingredients

- ☐ 14 oz lite coconut milk reduced-fat canned
- ☐ 1.5 cups chicken broth
- ☐ 1 clove garlic minced
- ☐ 0.5 teaspoon turmeric
- ☐ 1 tablespoon olive oil
- ☐ 0.5 lb onion chopped
- ☐ 0.5 lb bell pepper red stemmed seeded chopped
- ☐ 8 servings salt and pepper

- ☐ 2 tablespoons coconut or dried fresh shredded unsweetened
- ☐ 2 cups rice long-grain white

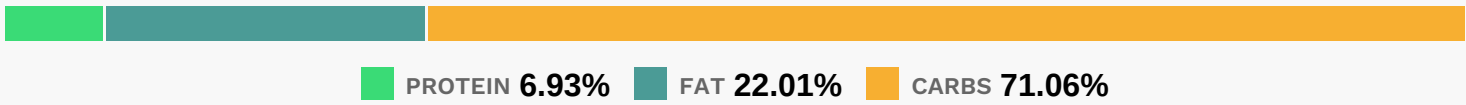
Equipment

- ☐ frying pan

Directions

- ☐ In a 3- to 4-quart nonstick pan over high heat, stir oil and onion often until onion is limp, about 5 minutes.
- ☐ Add garlic and bell pepper; stir until pepper is limp, about 2 1/2 minutes.
- ☐ Add rice to pan and stir until grains begin to turn opaque, about 2 minutes.
- ☐ Add turmeric and stir about 30 seconds.
- ☐ Add coconut milk and broth. Bring to a boil, cover, and simmer on low heat until rice is tender to bite, 20 to 25 minutes.
- ☐ Spoon the rice into a serving dish and sprinkle with coconut.
- ☐ Add salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:20.65, Glycemic Load:23.24, Inflammation Score:-9, Nutrition Score:8.3965217302675%

Flavonoids

Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 1.42mg, Isorhamnetin: 1.42mg, Isorhamnetin: 1.42mg, Isorhamnetin: 1.42mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.83mg, Quercetin: 5.83mg, Quercetin: 5.83mg, Quercetin: 5.83mg

Nutrients (% of daily need)

Calories: 252.4kcal (12.62%), Fat: 6g (9.23%), Saturated Fat: 4.04g (25.24%), Carbohydrates: 43.58g (14.53%), Net Carbohydrates: 41.75g (15.18%), Sugar: 2.72g (3.03%), Cholesterol: 0.88mg (0.29%), Sodium: 403.58mg (17.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.25g (8.49%), Vitamin C: 38.58mg (46.76%), Manganese: 0.63mg (31.36%), Vitamin A: 889.11IU (17.78%), Selenium: 7.52µg (10.74%), Vitamin B6: 0.2mg (10%), Fiber: 1.83g

(7.3%), Phosphorus: 72.86mg (7.29%), Copper: 0.13mg (6.58%), Vitamin B5: 0.6mg (6.04%), Vitamin B3: 1.16mg (5.81%), Folate: 22.51µg (5.63%), Vitamin E: 0.78mg (5.21%), Potassium: 171.49mg (4.9%), Vitamin B2: 0.08mg (4.79%), Vitamin B1: 0.07mg (4.78%), Magnesium: 18.98mg (4.75%), Zinc: 0.68mg (4.52%), Iron: 0.68mg (3.79%), Vitamin K: 2.63µg (2.5%), Calcium: 24.44mg (2.44%)