



Rice with Coconut and Raisins (Arroz con Coco y Pasas)



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



300 kcal

SIDE DISH

Ingredients

- ☐ 2 cups coconut milk or fresh canned
- ☐ 0.3 cup raisins
- ☐ 1 cup rice long-grain
- ☐ 1 teaspoon salt
- ☐ 2 tablespoons sugar
- ☐ 2 cups water

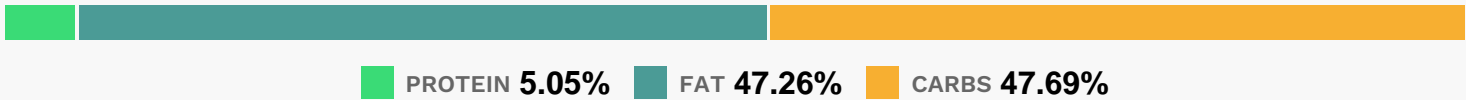
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Place the coconut milk in a heavy sauce pan and cook over medium heat for about 30 minutes, scraping the bottom of the pan occasionally to prevent the titoté from burning.
- ☐ Add the rice and cook, stirring frequently until well coated with the titoté for 1 minute.
- ☐ Add the water, raisins, salt and sugar. Bring to a boil, stirring once.Reduce the heat to low and simmer gently. Cover for about 20 minutes or until the rice is tender and the water absorbed.
- ☐ Remove from the heat and let it stand for 5 minutes.
- ☐ Serve hot and enjoy.

Nutrition Facts



Properties

Glycemic Index:47.85, Glycemic Load:23.08, Inflammation Score:-2, Nutrition Score:6.5082610384764%

Nutrients (% of daily need)

Calories: 300.19kcal (15.01%), Fat: 16.33g (25.12%), Saturated Fat: 14.32g (89.49%), Carbohydrates: 37.07g (12.36%), Net Carbohydrates: 36.12g (13.14%), Sugar: 4.03g (4.48%), Cholesterol: 0mg (0%), Sodium: 405.15mg (17.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.92g (7.85%), Manganese: 0.94mg (46.83%), Iron: 2.95mg (16.37%), Copper: 0.27mg (13.67%), Magnesium: 45.58mg (11.39%), Phosphorus: 113.82mg (11.38%), Potassium: 267.81mg (7.65%), Selenium: 4.73µg (6.76%), Vitamin B3: 1.06mg (5.31%), Zinc: 0.78mg (5.21%), Vitamin B6: 0.09mg (4.34%), Vitamin B5: 0.43mg (4.32%), Fiber: 0.95g (3.79%), Folate: 13.26µg (3.31%), Vitamin B1: 0.05mg (3.15%), Calcium: 27.09mg (2.71%), Vitamin B2: 0.03mg (1.8%), Vitamin C: 1.19mg (1.44%)