



Thai Coconut Rice



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



6

CALORIES



449 kcal

SIDE DISH

Ingredients

- ☐ 2 cups thai ginger flavor infused broth swanson®
- ☐ 6 servings green onion thinly sliced
- ☐ 2 cups jasmine rice uncooked
- ☐ 6 servings salt
- ☐ 6 servings coconut or unsweetened flaked toasted
- ☐ 14 ounce coconut milk unsweetened canned

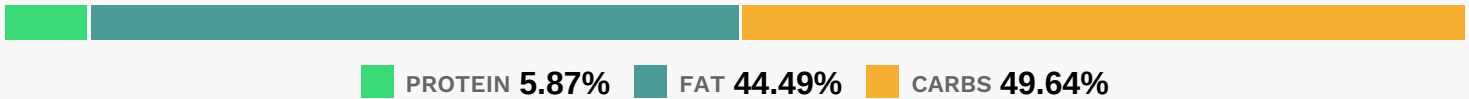
Equipment

- ☐ sauce pan

Directions

- ☐ Heat the broth, coconut milk, rice and salt, if desired, in a 4-quart saucepan over medium heat to a boil.
- ☐ Reduce the heat to low. Cover and cook for 15 minutes or until the rice is tender.
- ☐ Let stand for 10 minutes.
- ☐ Sprinkle with the coconut and green onion, if desired.

Nutrition Facts



Properties

Glycemic Index:23.03, Glycemic Load:30.22, Inflammation Score:-4, Nutrition Score:11.100869557132%

Flavonoids

Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 449.06kcal (22.45%), Fat: 22.61g (34.79%), Saturated Fat: 19.79g (123.7%), Carbohydrates: 56.78g (18.93%), Net Carbohydrates: 52.73g (19.18%), Sugar: 3.82g (4.25%), Cholesterol: 0mg (0%), Sodium: 524.79mg (22.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.71g (13.42%), Manganese: 1.56mg (78.07%), Selenium: 15.3µg (21.86%), Copper: 0.4mg (19.82%), Fiber: 4.04g (16.17%), Phosphorus: 159.89mg (15.99%), Magnesium: 50.1mg (12.52%), Vitamin K: 12.58µg (11.98%), Iron: 2mg (11.11%), Potassium: 315.79mg (9.02%), Zinc: 1.34mg (8.94%), Vitamin B5: 0.83mg (8.31%), Vitamin B3: 1.58mg (7.91%), Vitamin B6: 0.16mg (7.83%), Folate: 20.26µg (5.06%), Vitamin B1: 0.07mg (4.64%), Vitamin A: 226.67IU (4.53%), Vitamin C: 3.13mg (3.79%), Calcium: 34.89mg (3.49%), Vitamin B2: 0.05mg (2.65%), Vitamin E: 0.24mg (1.63%)