



Toasted coconut rice



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



15 min.

SERVINGS



8

CALORIES



448 kcal

SIDE DISH

Ingredients

- ☐ 750 g rice
- ☐ 100 ml coconut milk
- ☐ 2 kaffir lime leaves
- ☐ 100 g coconut flakes dry toasted

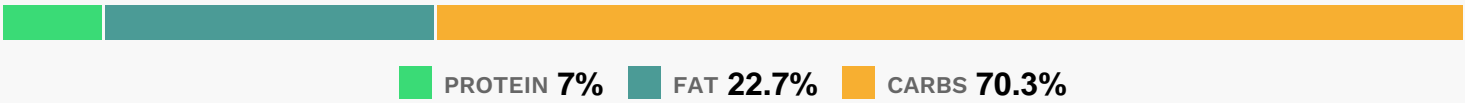
Equipment

- ☐ sauce pan

Directions

- ☐ Boil the kettle. Wash the rice 3 times in cold water, draining each time to remove the starch, then tip into a large saucepan with a well-fitting lid.
- ☐ Add the coconut milk, lime leaves and 1 tsp salt, then stir.
- ☐ Pour over enough boiling water to just cover the rice. Cover, bring to the boil and cook for 5 mins. Turn off the heat and leave the rice to steam with the lid on for 20 mins. Run a fork through the rice to fluff it up, then scatter over the toasted coconut just before serving.

Nutrition Facts



Properties

Glycemic Index:19.77, Glycemic Load:45.44, Inflammation Score:-1, Nutrition Score:9.4895652062867%

Nutrients (% of daily need)

Calories: 448.3kcal (22.41%), Fat: 11.23g (17.28%), Saturated Fat: 9.58g (59.87%), Carbohydrates: 78.26g (26.09%), Net Carbohydrates: 75g (27.27%), Sugar: 1.03g (1.15%), Cholesterol: 0mg (0%), Sodium: 10.86mg (0.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.79g (15.58%), Manganese: 1.45mg (72.74%), Selenium: 16.47µg (23.53%), Copper: 0.33mg (16.62%), Phosphorus: 145.03mg (14.5%), Fiber: 3.26g (13.02%), Vitamin B5: 1.07mg (10.69%), Magnesium: 40.18mg (10.05%), Vitamin B6: 0.19mg (9.73%), Zinc: 1.34mg (8.93%), Iron: 1.56mg (8.66%), Vitamin B3: 1.65mg (8.26%), Potassium: 201.96mg (5.77%), Vitamin B1: 0.08mg (5.05%), Vitamin B2: 0.06mg (3.44%), Calcium: 31.65mg (3.16%), Folate: 10.3µg (2.57%), Vitamin E: 0.16mg (1.05%)