



Yellow Rice

 Vegetarian  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



12

CALORIES



514 kcal

SIDE DISH

Ingredients

- 42 oz regular coconut milk reduced-fat canned
- 4 bay leaves dried
- 4 cups fat-skimmed chicken broth
- 12 slices galangal fresh peeled thin (the size of a quarter)
- 2 teaspoons ground turmeric dried
- 5.5 cups jasmine long-grain white
- 3 stalks lemon grass fresh yellow (12 in.) (part only;)
- 1 teaspoon salt

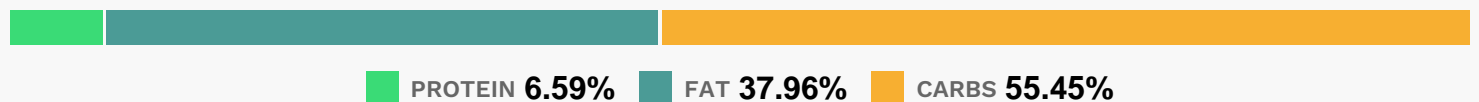
Equipment

- frying pan
- knife
- cheesecloth

Directions

- Trim and discard tough tops and root ends of lemon grass stalks.
- Remove and discard tough outer leaves. With the flat side of a knife, gently crush lemon grass and galangal. Wrap lemon grass, galangal, and bay leaves in a piece of cheesecloth.
- In a 5- to 6-quart pan, mix turmeric with 1/4 cup water. Stir in coconut milk, broth, rice, salt, and lemon grass bundle. Bring to a boil, uncovered, over high heat; lower heat to medium and simmer, stirring occasionally, until most of the liquid is absorbed, 10 to 15 minutes. Cover pan and cook over low heat, stirring occasionally, until rice is tender to bite, 10 to 15 minutes more.
- Remove and discard lemon grass bundle.
- Pour rice in a mound on a platter. Or, if desired, shape rice by spooning into a large cone-shaped basket or mold and inverting onto platter.

Nutrition Facts



Properties

Glycemic Index:13.6, Glycemic Load:43.52, Inflammation Score:-9, Nutrition Score:12.430434905155%

Nutrients (% of daily need)

Calories: 513.61kcal (25.68%), Fat: 21.91g (33.7%), Saturated Fat: 18.94g (118.35%), Carbohydrates: 72g (24%), Net Carbohydrates: 70.82g (25.75%), Sugar: 0.23g (0.25%), Cholesterol: 0mg (0%), Sodium: 520.76mg (22.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.56g (17.11%), Manganese: 1.92mg (95.91%), Iron: 4.52mg (25.11%), Copper: 0.43mg (21.72%), Selenium: 14.51µg (20.73%), Phosphorus: 205.81mg (20.58%), Magnesium: 70.54mg (17.63%), Vitamin B3: 2.47mg (12.35%), Vitamin B5: 1.1mg (11.04%), Potassium: 374.25mg (10.69%), Zinc: 1.59mg (10.63%), Vitamin B6: 0.19mg (9.35%), Folate: 24.43µg (6.11%), Vitamin B1: 0.09mg (5.96%), Calcium: 48.07mg (4.81%), Fiber: 1.18g (4.73%), Vitamin B2: 0.06mg (3.73%), Vitamin B12: 0.15µg (2.52%), Vitamin C: 1.19mg (1.44%)