

Coconut Rice with Peas

David Tanis - N. Y. Times
Palm Beach Post

Servings: 6

2 tablespoons coconut oil
1 cup finely diced onion
2 cups long-grain rice, washed and drained
1/2 teaspoon salt
1 tablespoon grated ginger root
1/2 cup coconut milk
1 cup cooked peas
3 tra toasted coconut

Put the coconut oil in a heavy saucepan over medium heat. Add the onion and let it cook until softened and lightly browned, about 5 minutes.

Add the rice, salt and ginger. Stir to coat. Let the rice sizzle for a minute, then add the coconut milk and 2-1/2 cups of water. Bring to a simmer, then turn the heat to low and put on a tight-fitting lid.

Cook for 20 minutes then turn off the heat and let rest for 10 minutes. Fluff the rice and stir in the peas.

Transfer to a serving bowl and garnish with toasted coconut.

Per Serving (excluding unknown items): 561 Calories; 28g Fat (43.5% calories from fat); 8g Protein; 73g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 262mg Sodium. Exchanges: 3 1/2 Grain(Starch); 0 Vegetable; 1 1/2 Fruit; 5 1/2 Fat.

Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	561	Vitamin B6 (mg):	.3mg
% Calories from Fat:	43.5%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	50.7%	Thiamin B1 (mg):	.4mg
% Calories from Protein:	5.8%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	28g	Folacin (mcg):	166mcg
Saturated Fat (g):	24g	Niacin (mg):	4mg
Monounsaturated Fat (g):	1g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0
			0.0%

Cholesterol (mg):	0mg
Carbohydrate (g):	73g
Dietary Fiber (g):	3g
Protein (g):	8g
Sodium (mg):	262mg
Potassium (mg):	413mg
Calcium (mg):	39mg
Iron (mg):	5mg
Zinc (mg):	2mg
Vitamin C (mg):	5mg
Vitamin A (i.u.):	159IU
Vitamin A (r.e.):	16RE

% Daily Value*

Food Exchanges

Grain (Starch):	3 1/2
Lean Meat:	0
Vegetable:	0
Fruit:	1 1/2
Non-Fat Milk:	0
Fat:	5 1/2
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 561 **Calories from Fat:** 244

% Daily Values*

Total Fat 28g	43%
Saturated Fat 24g	122%
Cholesterol 0mg	0%
Sodium 262mg	11%
Total Carbohydrates 73g	24%
Dietary Fiber 3g	11%
Protein 8g	
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Vitamin A	3%
Vitamin C	8%
Calcium	4%
Iron	26%

* Percent Daily Values are based on a 2000 calorie diet.