

# One-Pot Indian Coconut Rice Bowl

Yield: 4 min  
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/authentic-indian-coconut-rice-recipe>

## Ingredients:

- 1 tablespoon cooking oil
- 1 teaspoon mustard seeds
- 1 tablespoon urad dal
- 1 tablespoon chana dal
- 4 green chillies
- 7 curry leaves
- 6 cashews
- 1 cup grated coconut
- 1 cup basmati rice cooked
- 1 pinch asafoetida
- salt to taste
- 1/4 cup chopped cilantro

## Nutrition:

1. Calories: 360 calories
2. Carbohydrate: 48 grams
3. Fat: 17 grams
4. Fiber: 5 grams
5. Protein: 6 grams
6. SaturatedFat: 12 grams
7. Sodium: 210 milligrams
8. Sugar: 4 grams

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