



Al Kabsa - Traditional Saudi Rice and Chicken

 Gluten Free

READY IN



130 min.

SERVINGS



8

CALORIES



489 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2.3 cups unrinsed basmati rice
- 0.3 cup butter
- 14.5 ounce canned tomatoes diced undrained canned
- 3 carrots grated peeled
- 1 cube chicken bouillon
- 6 cloves garlic minced
- 0.5 teaspoon ground allspice
- 0.3 teaspoon ground cardamom

- 0.5 teaspoon ground cinnamon
- 1 pinch ground coriander
- 1 pinch ground cumin
- 1 pinch ground nutmeg
- 0.3 teaspoon ground pepper white
- 0.5 teaspoon lime powder dried whole
- 1 onion finely chopped
- 0.3 cup raisins
- 0.5 teaspoon saffron threads
- 8 servings salt and pepper black freshly ground to taste
- 0.3 cup slivered almonds toasted
- 0.3 cup tomato purée
- 3.3 cups water hot
- 3 pound meat from a rotisserie chicken whole cut into 8 pieces

Equipment

- bowl
- pot
- dutch oven

Directions

- Mix together the saffron, cardamom, cinnamon, allspice, white pepper, and lime powder in a small bowl, and set the spice mix aside.
- Melt the butter in a large stock pot or Dutch oven over medium heat. Stir in the garlic and onion; cook and stir until the onion has softened and turned translucent, about 5 minutes.
- Add the chicken pieces and brown them over medium-high heat until lightly browned, about 10 minutes.
- Mix in the tomato puree.
- Stir in the canned tomatoes with their juice, the grated carrots, whole cloves, nutmeg, cumin, coriander, salt, black pepper, and the Kabsa spice mix. Cook for about 3 minutes; pour in the

water, and add the chicken bouillon cube.

- Bring the sauce to a boil, then reduce the heat to simmer and cover the pot. Simmer until chicken is no longer pink and the juices run clear, about 30 minutes.
- Gently stir in the rice. Cover the pot and simmer until rice is tender and almost dry, about 25 minutes; add the raisins and a little more hot water, if necessary. Cover and cook for an additional 5 to 10 minutes or until the rice grains are separate.
- Transfer the rice to a large serving platter and arrange the chicken pieces on top.
- Sprinkle the toasted slivered almonds over the dish.

Nutrition Facts

PROTEIN 17.43% **FAT 37.56%** **CARBS 45.01%**

Properties

Glycemic Index:69.48, Glycemic Load:29.31, Inflammation Score:-10, Nutrition Score:19.008260783942%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.78mg, Isorhamnetin: 0.78mg, Isorhamnetin: 0.78mg, Isorhamnetin: 0.78mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 3.23mg, Quercetin: 3.23mg, Quercetin: 3.23mg, Quercetin: 3.23mg

Nutrients (% of daily need)

Calories: 489.46kcal (24.47%), Fat: 20.43g (31.44%), Saturated Fat: 7.47g (46.71%), Carbohydrates: 55.08g (18.36%), Net Carbohydrates: 51.39g (18.69%), Sugar: 4.6g (5.11%), Cholesterol: 76.49mg (25.5%), Sodium: 199.05mg (8.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.33g (42.67%), Vitamin A: 4267.79IU (85.36%), Manganese: 0.93mg (46.67%), Vitamin B3: 7.58mg (37.89%), Selenium: 20.68µg (29.54%), Vitamin B6: 0.55mg (27.46%), Phosphorus: 237.83mg (23.78%), Copper: 0.36mg (18.17%), Potassium: 573.17mg (16.38%), Vitamin B5: 1.57mg (15.7%), Vitamin E: 2.29mg (15.3%), Fiber: 3.7g (14.78%), Magnesium: 59.08mg (14.77%), Zinc: 2.06mg (13.72%), Iron: 2.43mg (13.47%), Vitamin B2: 0.23mg (13.32%), Vitamin C: 10.37mg (12.57%), Vitamin B1: 0.17mg (11.03%), Vitamin K: 8.09µg (7.71%), Calcium: 76.43mg (7.64%), Folate: 25.69µg (6.42%), Vitamin B12: 0.27µg (4.42%), Vitamin D: 0.16µg (1.09%)