



Almost Core Chicken Biryani

 Gluten Free

READY IN



60 min.

SERVINGS



8

CALORIES



430 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 bay leaves
- 1 teaspoon peppercorns black
- 1.5 lbs strips. boneless cut into 3/4 inch pieces
- 2 cups rice
- 0.5 teaspoon ground pepper
- 0.5 cup cilantro leaves coarsely chopped
- 0.5 teaspoon cinnamon divided
- 0.5 teaspoon curry powder

- 2 teaspoons garam masala
- 2 tablespoons garlic minced
- 1 tablespoon butter melted
- 2 tablespoons ginger paste
- 6 cardamom pods whole green
- 0.3 teaspoon ground cloves
- 2 tablespoons olive oil divided
- 2 medium onion sliced chopped fine thin
- 0.1 teaspoon saffron threads crumbled
- 8 servings salt and pepper
- 2 tablespoons skim milk
- 1 large tomatoes coarsely chopped
- 0.5 teaspoon turmeric
- 3 cups water

Equipment

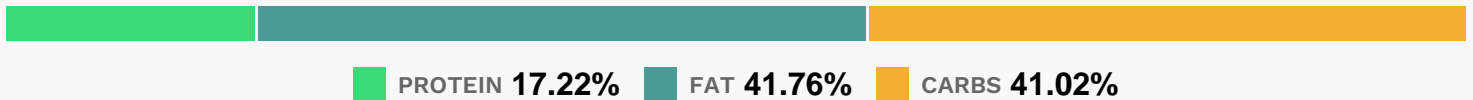
- bowl
- frying pan
- paper towels
- sauce pan
- oven
- casserole dish

Directions

- Preheat oven to 350 degrees. In a small bowl combine warm milk with saffron threads.
- Let it steep at least 10 minutes.
- Heat 3/4 tbs. oil in medium saucepan.
- Add cardamon pods, 1/4 teaspoons cinnamon, bay leaf and black peppercorns. Cook over medium heat until sizzling, about 3 minutes.

- Add rice and stir to coat with oil.
- Add the water and 1 teaspoons of salt. Bring to boil. Cover and cook over low heat until the rice is tender and the water is absorbed. Fluff with fork and season with more salt if desired. Meanwhile, heat 3/4 tbs. of oil in a skillet.
- Add the chopped onion and cook over medium heat until it begins to brown.
- Add the tomato and cook one minute.
- Add the garlic, ginger, garam masala, cayenne, turmeric, cloves, curry powder and 1/4 teaspoons cinnamon. Cook, stirring, until fragrant, about 2 minutes. Stir in the chicken, adding a few tbs. of water if it looks quite dry. Cover and cook on low, stirring occasionally, about 10 minutes. Stir in the cilantro and season with salt & pepper.
- Spread half the rice in a casserole dish (sprayed with cooking spray if desired). Top with chicken mixture, then rest of rice.
- Drizzle the saffron milk over the rice and top with the ghee. Cover and bake for 30 minutes. Meanwhile, heat the remaining 1/2 tbs. of oil in a skillet.
- Add the sliced onion and cook on medium heat until browned. Set them on paper towels to absorb any oil.
- Spread the onions over the cooked rice when you remove it from the oven.

Nutrition Facts



Properties

Glycemic Index:53.18, Glycemic Load:23.42, Inflammation Score:-8, Nutrition Score:13.386956372987%

Flavonoids

Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 6.28mg, Quercetin: 6.28mg, Quercetin: 6.28mg, Quercetin: 6.28mg

Nutrients (% of daily need)

Calories: 430.45kcal (21.52%), Fat: 19.69g (30.28%), Saturated Fat: 5.33g (33.3%), Carbohydrates: 43.5g (14.5%), Net Carbohydrates: 41.24g (15%), Sugar: 2.07g (2.3%), Cholesterol: 87.22mg (29.07%), Sodium: 284.24mg (12.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.27g (36.53%), Manganese: 1.19mg (59.26%), Selenium:

23.49µg (33.55%), Vitamin B3: 4.93mg (24.67%), Vitamin B6: 0.46mg (22.99%), Phosphorus: 213.81mg (21.38%), Vitamin B5: 1.43mg (14.29%), Zinc: 1.85mg (12.3%), Potassium: 374.56mg (10.7%), Copper: 0.21mg (10.4%), Magnesium: 40.49mg (10.12%), Vitamin K: 10.37µg (9.88%), Vitamin B2: 0.16mg (9.52%), Vitamin B12: 0.57µg (9.48%), Fiber: 2.26g (9.03%), Vitamin A: 432.94IU (8.66%), Vitamin B1: 0.13mg (8.52%), Iron: 1.52mg (8.43%), Vitamin C: 6.51mg (7.9%), Vitamin E: 1.01mg (6.75%), Calcium: 51.78mg (5.18%), Folate: 16.21µg (4.05%)