



WHATSheATE



Basmati Rice with Saffron (Zaffrani Pulao)



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



111 min.

SERVINGS



6

CALORIES



226 kcal

SIDE DISH

Ingredients



2 bay leaves



0.5 teaspoon peppercorns black



5 cardamom pods



0.3 cup cashew pieces raw whole



2 cinnamon sticks



1 teaspoon cumin seeds



0.3 cup golden raisins



2 medium onion red thinly sliced cut in half and

- ☐ 1 cup rice long-grain uncooked
- ☐ 0.5 teaspoon saffron threads
- ☐ 1 teaspoon salt
- ☐ 2 tablespoons vegetable oil
- ☐ 1.5 cups water cold

Equipment

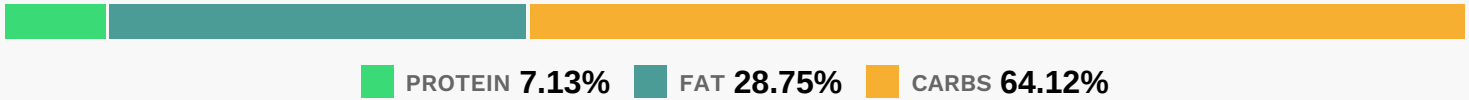
- ☐ bowl
- ☐ paper towels
- ☐ sauce pan
- ☐ slotted spoon

Directions

- ☐ Place rice in medium bowl; add enough cold water to cover rice. Rub rice gently between fingers; drain. Repeat 4 or 5 times until water is clear; drain. Cover rice with cold water; soak 30 minutes.
- ☐ Drain; set aside.
- ☐ Heat oil in 2-quart saucepan over medium-high heat.
- ☐ Add cashews; stir-fry 10 to 20 seconds or until cashews are golden brown.
- ☐ Remove with slotted spoon; drain on paper towels.
- ☐ Add raisins to hot oil; stir-fry 20 to 30 seconds or until raisins plump up.
- ☐ Remove with slotted spoon; add to cashews to drain.
- ☐ Add cumin seed, peppercorns, cardamom pods, cloves, bay leaves and cinnamon sticks to hot oil; sizzle 15 to 30 seconds.
- ☐ Mix in onions; stir-fry 3 to 4 minutes or until onions are golden brown.
- ☐ Add rice; gently stir-fry 1 minute, taking care not to break tender rice grains. Stir in 1 1/2 cups cold water, the saffron and salt.
- ☐ Heat to boiling, stirring once; reduce heat to medium-high. Cook uncovered 5 to 6 minutes, stirring occasionally, until almost all the water has evaporated.
- ☐ Reduce heat to low. Cover and cook 5 minutes; remove from heat.

- ☐
- Let rice stand covered 10 to 15 minutes.
- ☐
- Fluff rice with fork or spoon to release steam.
- ☐
- Serve sprinkled with roasted cashews and raisins.
- ☐
- Serve with peppercorns, cardamom pods, cloves, bay leaves and cinnamon sticks left in to continue to flavor the rice, but do not eat them.

Nutrition Facts



Properties

Glycemic Index:47.84, Glycemic Load:18.65, Inflammation Score:-3, Nutrition Score:7.7947826696479%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.59mg, Quercetin: 7.59mg, Quercetin: 7.59mg, Quercetin: 7.59mg

Nutrients (% of daily need)

Calories: 225.62kcal (11.28%), Fat: 7.37g (11.34%), Saturated Fat: 1.22g (7.6%), Carbohydrates: 37g (12.33%), Net Carbohydrates: 34.33g (12.48%), Sugar: 5.52g (6.13%), Cholesterol: 0mg (0%), Sodium: 395.99mg (17.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.11g (8.23%), Manganese: 1.22mg (61.24%), Copper: 0.25mg (12.5%), Vitamin K: 11.54µg (10.99%), Fiber: 2.67g (10.66%), Phosphorus: 90.93mg (9.09%), Magnesium: 36.21mg (9.05%), Selenium: 6.03µg (8.61%), Iron: 1.4mg (7.76%), Vitamin B6: 0.15mg (7.27%), Zinc: 0.9mg (6.02%), Potassium: 204.45mg (5.84%), Calcium: 47.36mg (4.74%), Vitamin B1: 0.07mg (4.52%), Vitamin B5: 0.42mg (4.22%), Vitamin C: 3.38mg (4.09%), Vitamin B3: 0.72mg (3.58%), Vitamin E: 0.51mg (3.4%), Folate: 11.19µg (2.8%), Vitamin B2: 0.05mg (2.65%)