



## Basmati Rice with Saffron (Zaffrani Pulao)



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



111 min.

SERVINGS



6

CALORIES



226 kcal

SIDE DISH

### Ingredients

- ☐ 1 cup rice long-grain uncooked
- ☐ 2 tablespoons vegetable oil
- ☐ 0.3 cup cashew pieces raw whole
- ☐ 0.3 cup golden raisins
- ☐ 1 teaspoon cumin seeds
- ☐ 0.5 teaspoon peppercorns black
- ☐ 5 cardamom pods
- ☐ 6 cloves whole

- ☐ 2 bay leaves
- ☐ 2 cinnamon sticks
- ☐ 2 medium onion red thinly sliced cut in half and
- ☐ 1.5 cups water cold
- ☐ 0.5 teaspoon saffron threads
- ☐ 1 teaspoon salt

## Equipment

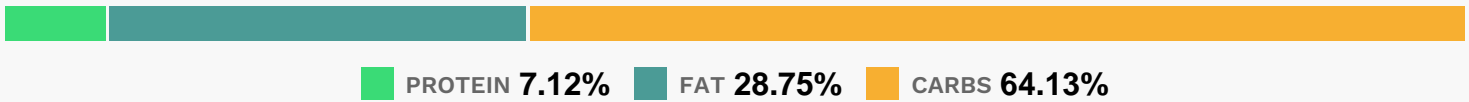
- ☐ bowl
- ☐ paper towels
- ☐ sauce pan
- ☐ slotted spoon

## 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:8.1152173954508%

## 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: 226.17kcal (11.31%), Fat: 7.4g (11.38%), Saturated Fat: 1.22g (7.65%), Carbohydrates: 37.13g (12.38%), Net Carbohydrates: 34.39g (12.51%), Sugar: 5.53g (6.14%), Cholesterol: 0mg (0%), Sodium: 396.54mg (17.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.12g (8.25%), Manganese: 1.35mg (67.25%), Copper: 0.25mg (12.54%), Vitamin K: 11.82µg (11.26%), Fiber: 2.73g (10.94%), Magnesium: 36.73mg (9.18%), Phosphorus: 91.14mg (9.11%), Selenium: 6.04µg (8.63%), Iron: 1.42mg (7.89%), Vitamin B6: 0.15mg (7.31%), Zinc: 0.91mg (6.05%), Potassium: 206.49mg (5.9%), Calcium: 48.62mg (4.86%), Vitamin B1: 0.07mg (4.54%), Vitamin B5: 0.42mg (4.23%), Vitamin C: 3.38mg (4.09%), Vitamin B3: 0.72mg (3.6%), Vitamin E: 0.53mg (3.52%), Folate: 11.24µg (2.81%), Vitamin B2: 0.05mg (2.68%)