



Biryani

 Gluten Free

READY IN



60 min.

SERVINGS



12

CALORIES



390 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 cups rice uncooked
- ☐ 1 bay leaf
- ☐ 1 pod cardamom black
- ☐ 4 pods cardamom green
- ☐ 3 pound meat from a rotisserie chicken whole skinless cut into pieces
- ☐ 5 sprigs cilantro leaves
- ☐ 1 cinnamon sticks
- ☐ 1 tablespoon mint leaves dried

- ☐ 0.3 teaspoon powdered food coloring yellow
- ☐ 2 tablespoons garam masala
- ☐ 2 cloves garlic crushed
- ☐ 1 tablespoon ginger paste
- ☐ 2 small chile peppers green
- ☐ 2.5 tablespoons olive oil
- ☐ 1 medium onion sliced
- ☐ 3 tablespoons yogurt plain
- ☐ 12 servings salt to taste
- ☐ 12 servings salt and pepper to taste
- ☐ 2 medium tomatoes chopped
- ☐ 2 quarts water
- ☐ 2 tablespoons distilled vinegar white

Equipment

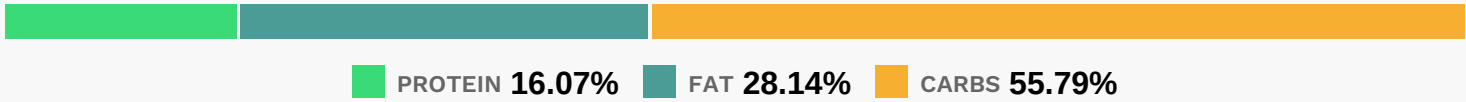
- ☐ frying pan
- ☐ pot

Directions

- ☐ Heat the olive oil in a large skillet over medium heat.
- ☐ Mix in the yogurt and vinegar.
- ☐ Place the onion in the skillet, and cook until tender.
- ☐ Mix in the garlic, ginger paste, green chile peppers, and tomatoes. Cook and stir until tomatoes are tender. Season with garam masala, mint, salt, and pepper, and mix in the cilantro.
- ☐ Place the chicken in the skillet. Reduce heat to medium-low, cover, and continue cooking 45 minutes, stirring occasionally, until chicken juices run clear.
- ☐ Bring the water and rice to a boil in a large pot.
- ☐ Mix in the bay leaf, green cardamom, black cardamom, and cinnamon. Season with salt to taste. Cover, reduce heat to low, and simmer 20 minutes.

- ☐ In a separate pot, alternate the rice and chicken mixture in layers, topping with rice.
- ☐ Sprinkle with the food coloring, and mix to serve.

Nutrition Facts



Properties

Glycemic Index:22.68, Glycemic Load:30.19, Inflammation Score:-4, Nutrition Score:10.888260872468%

Flavonoids

Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.48mg, Quercetin: 2.48mg, Quercetin: 2.48mg, Quercetin: 2.48mg

Nutrients (% of daily need)

Calories: 389.51kcal (19.48%), Fat: 11.91g (18.32%), Saturated Fat: 2.98g (18.65%), Carbohydrates: 53.12g (17.71%), Net Carbohydrates: 51.05g (18.56%), Sugar: 1.5g (1.67%), Cholesterol: 41.47mg (13.82%), Sodium: 467.55mg (20.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.31g (30.61%), Manganese: 1.03mg (51.59%), Selenium: 17.41µg (24.87%), Vitamin B3: 4.86mg (24.3%), Vitamin B6: 0.33mg (16.71%), Phosphorus: 166.62mg (16.66%), Vitamin B5: 1.18mg (11.81%), Copper: 0.21mg (10.67%), Zinc: 1.56mg (10.42%), Magnesium: 34.95mg (8.74%), Fiber: 2.07g (8.27%), Iron: 1.37mg (7.59%), Potassium: 263.69mg (7.53%), Vitamin C: 5.88mg (7.13%), Vitamin K: 7.27µg (6.92%), Vitamin B2: 0.11mg (6.74%), Vitamin A: 330.11IU (6.6%), Vitamin B1: 0.09mg (6.19%), Vitamin E: 0.8mg (5.31%), Calcium: 48.32mg (4.83%), Folate: 14.69µg (3.67%), Vitamin B12: 0.19µg (3.12%)