



WHATSheATE



HEALTH SCORE

60%

Chicken and Basmati Rice Pilau with Saffron, Spinach, and Cardamom



Gluten Free



Very Healthy

READY IN



45 min.

SERVINGS



5

CALORIES



588 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



6 ounce baby spinach fresh coarsely chopped



1.5 cups rice uncooked



0.3 teaspoon pepper black



0.5 cup blanched almonds and



1 teaspoon butter



4 cardamom pods crushed



1 cup carrots shredded

- ☐ 0.8 cup lentils dried
- ☐ 2 teaspoons ginger fresh peeled chopped
- ☐ 2 cups onion vertically sliced
- ☐ 0.5 cup orange juice fresh (1 orange)
- ☐ 0.5 teaspoon orange rind grated
- ☐ 0.1 teaspoon saffron threads crushed
- ☐ 1 teaspoon salt
- ☐ 1.3 pounds chicken thighs boneless skinless
- ☐ 2.5 cups warm fat-free

Equipment

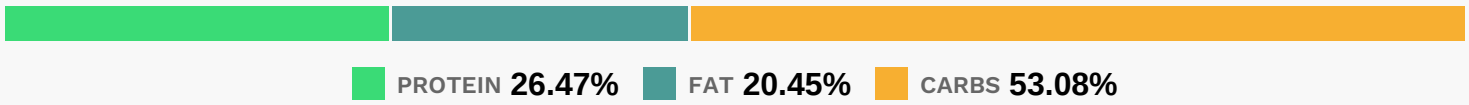
- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Cover rice with cold water.
- ☐ Let stand for 20 minutes.
- ☐ Drain and rinse the rice with cold water.
- ☐ Drain.
- ☐ Sort and rinse lentils.
- ☐ Place lentils in a small saucepan; cover with water to 2 inches above lentils. Bring to a boil. Reduce heat; simmer 20 minutes or until almost tender.
- ☐ Drain.
- ☐ Heat a large nonstick skillet coated with cooking spray over medium-high heat.
- ☐ Add chicken; cook 4 minutes on each side or until lightly browned.
- ☐ Remove chicken from pan.
- ☐ Add onion and ginger to pan; saut 7 minutes or until tender.
- ☐ Add carrot and cardamom; saut 2 minutes. Return chicken to pan.
- ☐ Add rice, lentils, rind, juice, salt, and pepper.

- ☐ Combine broth and saffron; stir until saffron is dissolved.
- ☐ Add saffron mixture to pan; bring to a simmer. Cover and cook 15 minutes or until rice is almost tender and liquid is absorbed. Stir in spinach.
- ☐ Remove from heat. Cover with a towel; place lid over towel.
- ☐ Let stand 10 minutes.
- ☐ Melt butter in a small skillet over medium heat.
- ☐ Add almonds; cook 5 minutes or until lightly browned, stirring frequently.
- ☐ Sprinkle almonds over chicken mixture.

Nutrition Facts



Properties

Glycemic Index:83.12, Glycemic Load:32.47, Inflammation Score:-10, Nutrition Score:42.104347643645%

Flavonoids

Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 2.96mg, Hesperetin: 2.96mg, Hesperetin: 2.96mg, Hesperetin: 2.96mg Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Isorhamnetin: 3.21mg, Isorhamnetin: 3.21mg, Isorhamnetin: 3.21mg, Isorhamnetin: 3.21mg Kaempferol: 2.65mg, Kaempferol: 2.65mg, Kaempferol: 2.65mg, Kaempferol: 2.65mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 14.46mg, Quercetin: 14.46mg, Quercetin: 14.46mg, Quercetin: 14.46mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 588.3kcal (29.42%), Fat: 13.38g (20.58%), Saturated Fat: 2.41g (15.08%), Carbohydrates: 78.12g (26.04%), Net Carbohydrates: 64.27g (23.37%), Sugar: 7.9g (8.78%), Cholesterol: 112.23mg (37.41%), Sodium: 1063.02mg (46.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.95g (77.91%), Vitamin K: 172.99µg (164.75%), Vitamin A: 7585.68IU (151.71%), Manganese: 2.18mg (109.04%), Folate: 243.71µg (60.93%), Fiber: 13.86g (55.43%), Selenium: 38µg (54.29%), Phosphorus: 522.56mg (52.26%), Vitamin B6: 0.96mg (47.98%), Vitamin B3: 9.36mg (46.82%), Magnesium: 153.1mg (38.28%), Vitamin C: 30.12mg (36.51%), Vitamin B1: 0.54mg (35.99%), Potassium: 1158.36mg (33.1%), Vitamin B2: 0.55mg (32.63%), Zinc: 4.65mg (30.98%), Iron: 5.44mg (30.23%), Copper: 0.58mg (29.13%), Vitamin E: 4.33mg (28.87%), Vitamin B5: 2.81mg (28.13%), Calcium: 143.2mg (14.32%), Vitamin B12: 0.75µg (12.52%)