

Chicken Biryani

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



421 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 cups rice uncooked
- ☐ 1 stick cinnamon (3-inch)
- ☐ 2 teaspoons curry powder
- ☐ 0.3 cup cilantro leaves fresh
- ☐ 1 teaspoon ginger fresh minced peeled
- ☐ 2 garlic cloves minced
- ☐ 0.5 cup golden raisins
- ☐ 0.5 teaspoon ground cardamom

- ☐ 0.1 teaspoon ground pepper red
- ☐ 1 cup onion chopped
- ☐ 0.5 cup dry-roasted cashews chopped
- ☐ 0.3 teaspoon saffron threads crushed
- ☐ 2 teaspoons salt divided
- ☐ 2 serrano chiles minced seeded
- ☐ 1 cup whole-milk yogurt plain
- ☐ 1 pound chicken thighs boneless skinless cut into bite-sized pieces
- ☐ 1 tablespoon vegetable oil
- ☐ 3 cups water

Equipment

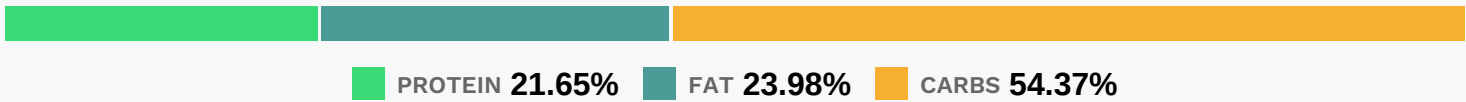
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Bring water, 1 teaspoon salt, and saffron to a boil in a medium saucepan.
- ☐ Add rice and cinnamon stick to pan. Cover, reduce heat, and simmer 20 minutes or until liquid is absorbed. Discard cinnamon stick.
- ☐ Sprinkle chicken with 1/2 teaspoon salt.
- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add chicken; saut 5 minutes or until lightly browned.
- ☐ Remove chicken from pan; cover and keep warm.
- ☐ Add onion and 1/2 teaspoon salt to pan.
- ☐ Cover, reduce heat to low, and cook 10 minutes or until lightly browned, stirring occasionally.
- ☐ Add curry and the next 5 ingredients (curry through serrano chiles); cook 3 minutes, stirring frequently.
- ☐ Add yogurt, stirring with a whisk; cook 3 minutes or until slightly thick, stirring constantly.

- ☐ Add chicken and raisins; cook 4 minutes or until thoroughly heated.
- ☐ Add rice; stir well to combine.
- ☐ Sprinkle evenly with cashews and cilantro.

Nutrition Facts



Properties

Glycemic Index:56.48, Glycemic Load:28.11, Inflammation Score:-5, Nutrition Score:16.587391221005%

Flavonoids

Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 6.39mg, Quercetin: 6.39mg, Quercetin: 6.39mg, Quercetin: 6.39mg

Nutrients (% of daily need)

Calories: 421.19kcal (21.06%), Fat: 11.27g (17.34%), Saturated Fat: 2.35g (14.7%), Carbohydrates: 57.49g (19.16%), Net Carbohydrates: 54.9g (19.96%), Sugar: 12.18g (13.53%), Cholesterol: 72.64mg (24.21%), Sodium: 887.63mg (38.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.9g (45.79%), Manganese: 0.89mg (44.42%), Selenium: 27.39µg (39.13%), Phosphorus: 342.13mg (34.21%), Vitamin B6: 0.57mg (28.41%), Vitamin B3: 5.43mg (27.13%), Copper: 0.49mg (24.67%), Magnesium: 78mg (19.5%), Zinc: 2.86mg (19.06%), Vitamin B5: 1.84mg (18.43%), Vitamin B2: 0.31mg (18.34%), Potassium: 566.81mg (16.19%), Vitamin K: 14.18µg (13.51%), Calcium: 134.98mg (13.5%), Iron: 2.3mg (12.76%), Vitamin B12: 0.73µg (12.22%), Vitamin B1: 0.16mg (10.8%), Fiber: 2.59g (10.36%), Folate: 26.98µg (6.75%), Vitamin C: 4.3mg (5.22%), Vitamin E: 0.7mg (4.68%), Vitamin A: 111.01IU (2.22%)