



Chicken Biryani

 Gluten Free

READY IN



50 min.

SERVINGS



50

CALORIES



34 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup rice rinsed uncooked
- 1.8 cups chicken broth
- 0.5 tsp cumin seed
- 1 tsp garam masala
- 2 cloves garlic minced
- 1 tsp gingerroot minced
- 1 tsp ground cumin
- 0.3 tsp ground pepper red (cayenne)

- 0.5 tsp ground turmeric
- 1 Tbsp olive oil
- 1 onion finely chopped
- 0.5 cup nonfat yogurt plain greek-style
- 0.5 lb chicken breasts boneless skinless cut into bite-size pieces
- 0.3 cup sun tomato vinaigrette dressing made dried with extra virgin olive oil kraft

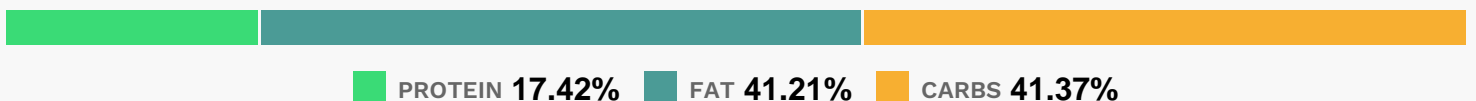
Equipment

- bowl
- frying pan

Directions

- Place rice in medium bowl.
- Add enough cold water to cover rice.
- Let stand 10 min.
- Meanwhile, heat oil in large nonstick skillet on medium heat.
- Add cumin seed; cook and stir 30 sec. Stir in onions, garlic and ginger; cook 5 min. or until crisp-tender, stirring constantly.
- Add chicken and ground cumin; cook and stir 2 min.
- Drain rice.
- Add to chicken mixture with all remaining ingredients except yogurt; mix well. Bring to boil; cover. Simmer on low heat 22 to 24 min. or until rice is tender and liquid is absorbed.
- Serve topped with yogurt.

Nutrition Facts



Properties

Glycemic Index:3.6, Glycemic Load:1.84, Inflammation Score:-2, Nutrition Score:1.0573912974771%

Flavonoids

Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg

Nutrients (% of daily need)

Calories: 34.15kcal (1.71%), Fat: 1.55g (2.38%), Saturated Fat: 0.23g (1.42%), Carbohydrates: 3.5g (1.17%), Net Carbohydrates: 3.39g (1.23%), Sugar: 0.33g (0.36%), Cholesterol: 3.12mg (1.04%), Sodium: 38.13mg (1.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.47g (2.95%), Selenium: 2.16µg (3.09%), Vitamin B3: 0.56mg (2.81%), Manganese: 0.05mg (2.69%), Vitamin B6: 0.05mg (2.32%), Phosphorus: 19.18mg (1.92%), Vitamin E: 0.22mg (1.45%), Vitamin B5: 0.12mg (1.22%), Vitamin B2: 0.02mg (1.06%)