



Chicken Biryani

 **Gluten Free**

READY IN



45 min.

SERVINGS



8

CALORIES



597 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound rice
- 5 cardamom pods
- 4 cups chicken stock see
- 0.5 teaspoon chili powder
- 1 stick cinnamon (1 inch)
- 1 tablespoon ginger fresh minced
- 2 tablespoons mint leaves fresh chopped
- 2 cloves garlic minced

- 0.5 teaspoon ground cardamom
- 1 teaspoon ground cumin
- 0.5 teaspoon ground ginger
- 0.5 teaspoon pepper black
- 0.5 teaspoon turmeric
- 1 large onion diced
- 2 large onion finely chopped
- 2 tablespoons yogurt plain
- 4 small potatoes peeled halved
- 1 pinch saffron threads
- 1.5 teaspoons salt
- 3 pounds squirrels boneless skinless cut into chunks
- 2 medium tomatoes peeled chopped
- 2.5 tablespoons vegetable oil

Equipment

- frying pan
- sauce pan
- pot
- colander

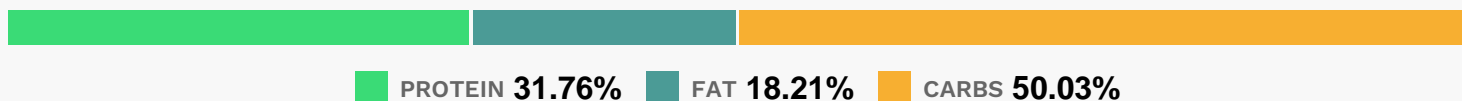
Directions

- In a large skillet, in 2 tablespoons vegetable oil (or ghee) fry potatoes until brown, drain and reserve the potatoes.
- Add remaining 2 tablespoons oil to the skillet and fry onion, garlic and ginger until onion is soft and golden.
- Add chili, pepper, turmeric, cumin, salt and the tomatoes. Fry, stirring constantly for 5 minutes.
- Add yogurt, mint, cardamom and cinnamon stick. Cover and cook over low heat, stirring occasionally until the tomatoes are cooked to a pulp. It may be necessary to add a little hot

water if the mixture becomes too dry and starts to stick to the pan.

- When the mixture is thick and smooth, add the chicken pieces and stir well to coat them with the spice mixture. Cover and cook over very low heat until the chicken is tender, approximately 35 to 45 minutes. There should only be a little very thick gravy left when chicken is finished cooking. If necessary cook uncovered for a few minutes to reduce the gravy.
- Wash rice well and drain in colander for at least 30 minutes.
- In a large skillet, heat vegetable oil (or ghee) and fry the onions until they are golden.
- Add saffron, cardamom, cloves, cinnamon stick, ginger and rice. Stir continuously until the rice is coated with the spices.
- In a medium-size pot, heat the chicken stock and salt. When the mixture is hot pour it over the rice and stir well.
- Add the chicken mixture and the potatoes; gently mix them into the rice. Bring to boil. Cover the saucepan tightly, turn heat to very low and steam for 20 minutes. Do not lift lid or stir while cooking. Spoon biryani onto a warm serving dish.

Nutrition Facts



Properties

Glycemic Index:53.49, Glycemic Load:39.82, Inflammation Score:-9, Nutrition Score:28.340869711793%

Flavonoids

Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 2.82mg, Isorhamnetin: 2.82mg, Isorhamnetin: 2.82mg, Isorhamnetin: 2.82mg Kaempferol: 1.09mg, Kaempferol: 1.09mg, Kaempferol: 1.09mg, Kaempferol: 1.09mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 12.21mg, Quercetin: 12.21mg, Quercetin: 12.21mg, Quercetin: 12.21mg

Nutrients (% of daily need)

Calories: 597.21kcal (29.86%), Fat: 11.88g (18.27%), Saturated Fat: 2.67g (16.69%), Carbohydrates: 73.41g (24.47%), Net Carbohydrates: 68.58g (24.94%), Sugar: 6.11g (6.79%), Cholesterol: 123.32mg (41.11%), Sodium: 756.13mg (32.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 46.6g (93.2%), Vitamin B3: 18.07mg (90.33%), Manganese: 1.46mg (72.92%), Vitamin B6: 1.27mg (63.27%), Selenium: 38.8µg (55.43%), Phosphorus: 476.23mg

(47.62%), Vitamin C: 30.34mg (36.77%), Potassium: 1145.92mg (32.74%), Vitamin B5: 2.76mg (27.58%), Zinc: 4mg (26.64%), Vitamin B2: 0.44mg (25.68%), Magnesium: 97.48mg (24.37%), Copper: 0.43mg (21.69%), Vitamin B1: 0.32mg (21.36%), Iron: 3.68mg (20.43%), Fiber: 4.83g (19.31%), Vitamin K: 15.97µg (15.21%), Folate: 53.41µg (13.35%), Vitamin B12: 0.65µg (10.8%), Vitamin A: 451.42IU (9.03%), Calcium: 90.28mg (9.03%), Vitamin E: 1.07mg (7.11%), Vitamin D: 0.18µg (1.17%)