



Chicken Biryani

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



481 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup rice
- 1 tablespoon butter
- 0.3 cup cilantro leaves fresh chopped
- 1 tablespoon ginger fresh grated peeled
- 3 garlic clove minced
- 0.5 cup golden raisins
- 0.5 teaspoon ground allspice
- 0.3 teaspoon ground cardamom

- 1 teaspoon ground cumin
- 2 tablespoons juice of lime fresh
- 1 cup onion chopped
- 0.3 teaspoon saffron threads crushed
- 0.3 teaspoon salt
- 1 serrano chiles finely chopped
- 1.5 pounds chicken thighs boneless skinless cut into 1-inch pieces
- 0.5 cup tomatoes chopped
- 2 cups water

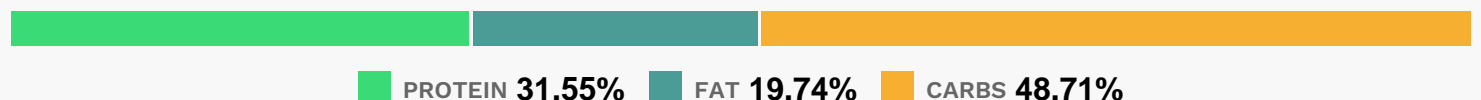
Equipment

- frying pan
- sauce pan

Directions

- Melt butter in a large saucepan over medium-high heat.
- Add onion, ginger, and garlic to pan; saut 5 minutes or until lightly browned. Stir in cumin, allspice, saffron, and cardamom; cook 15 seconds. Stir in tomato, raisins, and serrano; cook 1 minute.
- Add chicken; cook 5 minutes, stirring frequently.
- Add juice and salt; cook 30 seconds.
- Add rice; cook 1 1/2 minutes, stirring frequently. Stir in 2 cups water; bring to a boil. Cover, reduce heat, and simmer 12 minutes or until liquid is absorbed.
- Remove from heat; let stand 10 minutes.
- Sprinkle with cilantro.

Nutrition Facts



Properties

Glycemic Index:101.21, Glycemic Load:31.32, Inflammation Score:-6, Nutrition Score:20.95347808755%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 9.51mg, Quercetin: 9.51mg, Quercetin: 9.51mg, Quercetin: 9.51mg

Nutrients (% of daily need)

Calories: 480.69kcal (24.03%), Fat: 10.48g (16.12%), Saturated Fat: 3.71g (23.16%), Carbohydrates: 58.17g (19.39%), Net Carbohydrates: 55.6g (20.22%), Sugar: 13.23g (14.7%), Cholesterol: 169.12mg (56.37%), Sodium: 334.6mg (14.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.68g (75.36%), Selenium: 46.18µg (65.96%), Vitamin B3: 10.71mg (53.55%), Vitamin B6: 1mg (50%), Phosphorus: 418.21mg (41.82%), Manganese: 0.77mg (38.51%), Vitamin B5: 2.64mg (26.4%), Vitamin B2: 0.38mg (22.53%), Zinc: 3.35mg (22.3%), Potassium: 756.45mg (21.61%), Vitamin B12: 1.09µg (18.24%), Magnesium: 69.31mg (17.33%), Copper: 0.33mg (16.58%), Vitamin B1: 0.22mg (14.95%), Iron: 2.65mg (14.7%), Vitamin C: 10.24mg (12.42%), Vitamin K: 10.88µg (10.36%), Fiber: 2.57g (10.27%), Vitamin A: 377.46IU (7.55%), Calcium: 66.44mg (6.64%), Folate: 23.67µg (5.92%), Vitamin E: 0.64mg (4.29%)