



Chicken Biryani, Hyderabad Style

 Gluten Free

READY IN



75 min.

SERVINGS



8

CALORIES



529 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 5 bay leaves
- ☐ 9 cardamom pods whole
- ☐ 1 sprig cilantro leaves with stems
- ☐ 0.3 cup ghee (clarified butter)
- ☐ 2 tablespoons ginger garlic paste
- ☐ 5 small chile peppers green
- ☐ 3 cups jasmine white uncooked
- ☐ 1 medium onion chopped

- ☐ 1.5 cups yogurt plain
- ☐ 1 teaspoon salt
- ☐ 4.1 cups water
- ☐ 3 pound meat from a rotisserie chicken whole cut into pieces

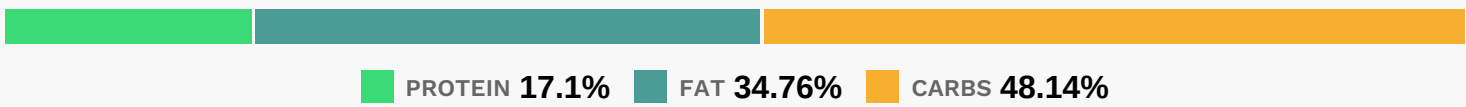
Equipment

- ☐ frying pan

Directions

- ☐ Soak rice for 30 minutes in enough water to cover; then drain.
- ☐ Meanwhile, heat ghee in a large skillet over medium heat. Stir in cloves, cardamom, and bay leaves. Then stir in onion, and cook until soft, 6 to 7 minutes. Stir in chile peppers and ginger paste. Stir in yogurt, salt, and curry, and then place chicken in pan. Cook for 20 to 25 minutes, stirring occasionally and turning the chicken pieces, until only about 1 cup of liquid remains.
- ☐ Mix in rice, water, and cilantro. Bring to a boil. Reduce heat to low, cover, and cook for 20 minutes. Check rice after about 12 minutes; if it is dry, add 1/2 cup water, and continue cooking.

Nutrition Facts



Properties

Glycemic Index:18.02, Glycemic Load:34.12, Inflammation Score:-3, Nutrition Score:14.331739099129%

Flavonoids

Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.92mg, Quercetin: 2.92mg, Quercetin: 2.92mg, Quercetin: 2.92mg

Nutrients (% of daily need)

Calories: 528.9kcal (26.45%), Fat: 20.01g (30.79%), Saturated Fat: 8.11g (50.69%), Carbohydrates: 62.36g (20.79%), Net Carbohydrates: 59.65g (21.69%), Sugar: 3.75g (4.16%), Cholesterol: 81.61mg (27.2%), Sodium: 474.64mg (20.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.15g (44.29%), Manganese: 1.43mg (71.34%), Vitamin B3: 6.74mg (33.71%), Selenium: 23.32µg (33.31%), Phosphorus: 251.63mg (25.16%), Vitamin B6: 0.44mg

(21.87%), Vitamin B5: 1.64mg (16.43%), Zinc: 2.3mg (15.37%), Vitamin B2: 0.21mg (12.1%), Magnesium: 47.08mg (11.77%), Copper: 0.23mg (11.52%), Fiber: 2.72g (10.87%), Potassium: 352.24mg (10.06%), Calcium: 100.3mg (10.03%), Iron: 1.69mg (9.39%), Vitamin B1: 0.12mg (8.12%), Vitamin C: 6.5mg (7.88%), Vitamin B12: 0.42µg (7.05%), Folate: 16.54µg (4.14%), Vitamin A: 180.79IU (3.62%), Vitamin E: 0.36mg (2.39%), Vitamin K: 2.22µg (2.11%), Vitamin D: 0.21µg (1.39%)