



Claudia Roden's Riz au Saffran - Saffron Rice



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



40 min.

SERVINGS



6

CALORIES



459 kcal

SIDE DISH

Ingredients

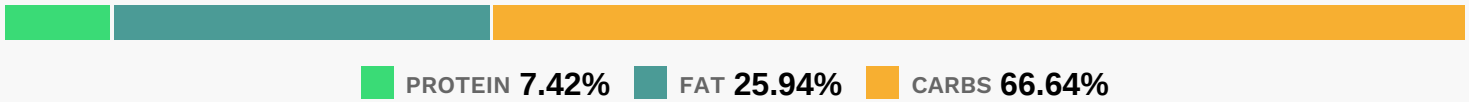
- ☐ 0.5 cup almonds flaked sliced chopped
- ☐ 2.5 cups rice long-grain
- ☐ 0.7 cup golden raisins (I used golden raisins)
- ☐ 0.5 tsp saffron threads
- ☐ 1 tsp veggie broth to taste (or – if you're using stock to cook the rice, you may need less)
- ☐ 3 tbsp vegetable oil light
- ☐ 3.5 cups water

Equipment

Directions

- ☐ Save Recipe
- ☐ Print Recipe
- ☐ Claudia Roden's Riz au Saffran – Saffron Rice
- ☐ Ingredients3 1/2 cups water or stock3 tbsp sunflower or light vegetable oil1 tsp salt (or to taste – if you're using stock to cook the rice, you may need less)1/2 tsp saffron threads2 1/2 cups basmati or long-grain rice2/3 cup raisins (I used golden raisins)1/2 cup flaked, sliced or chopped almonds
- ☐ Total Time: 40 Minutes
- ☐ Servings: 6
- ☐ Kosher Key: Pareve or Meat (if stock is used)

Nutrition Facts



Properties

Glycemic Index:40.48, Glycemic Load:44.13, Inflammation Score:-3, Nutrition Score:11.120869573368%

Flavonoids

Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

Nutrients (% of daily need)

Calories: 459.34kcal (22.97%), Fat: 13.33g (20.51%), Saturated Fat: 1.65g (10.34%), Carbohydrates: 77.06g (25.69%), Net Carbohydrates: 73.92g (26.88%), Sugar: 10.15g (11.28%), Cholesterol: 0mg (0%), Sodium: 16.23mg (0.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.58g (17.15%), Manganese: 1.18mg (58.86%), Vitamin E: 3.71mg (24.74%), Copper: 0.37mg (18.65%), Selenium: 12.24µg (17.49%), Phosphorus: 164.64mg (16.46%), Magnesium: 58.62mg (14.65%), Fiber: 3.14g (12.55%), Vitamin K: 13.15µg (12.52%), Vitamin B2: 0.2mg (12.03%), Vitamin B6: 0.2mg (9.77%), Vitamin B3: 1.85mg (9.25%), Vitamin B5: 0.86mg (8.6%), Zinc: 1.28mg (8.52%),

Potassium: 297.19mg (8.49%), Iron: 1.36mg (7.53%), Calcium: 66.38mg (6.64%), Vitamin B1: 0.08mg (5.32%), Folate: 11.95µg (2.99%)