



WHATSheATE



Dinner Tonight: Saffron Fried Rice with Dried Apricots and Almonds



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



483 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 cup almonds toasted sliced
- ☐ 0.5 cup apricot dried diced
- ☐ 1.5 cups rice rinsed drained
- ☐ 4 servings pepper black freshly ground
- ☐ 2 large eggs lightly beaten
- ☐ 2 tablespoons parsley fresh chopped (chives or cilantro also work)
- ☐ 1 tablespoon garlic clove finely chopped (from 2 garlic cloves)

- ☐ 0.3 cup half and half
- ☐ 1 teaspoon kosher salt
- ☐ 1 pinch saffron threads
- ☐ 4 spring onion green chopped
- ☐ 2 tablespoons shallots finely chopped (from 1 to 2 shallots)
- ☐ 3 tablespoons vegetable oil

Equipment

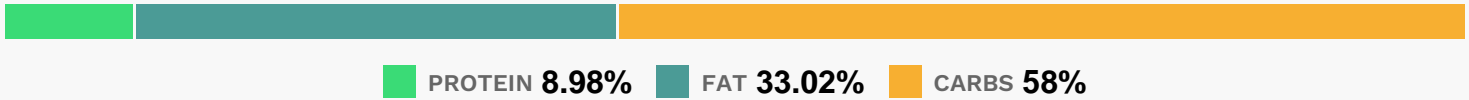
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ pot
- ☐ wooden spoon
- ☐ wok
- ☐ microwave
- ☐ spatula

Directions

- ☐ Pour the milk into a small bowl and add the saffron.
- ☐ Place in the microwave and cook for 30 seconds. You can also warm the milk in a small saucepan over low heat for 1 minute.
- ☐ Pour two tablespoons of the vegetable oil into a medium-sized saucepan set over medium-high heat. When oil is shimmering, add the shallots, garlic, and apricots. Cook, stirring often with a wooden spoon, until shallots are soft, about one minute.
- ☐ Add the rice and salt, stir well, and toast for a few seconds. Then pour in 1 1/2 cups water and the milk and saffron mixture. Bring to a boil. Stir well, cover the saucepan, and turn the heat to low. Cook until the rice has absorbed the liquid, 10 to 12 minutes. When done, turn off the heat, remove the cover, and fluff the rice with a fork, and then cover the pot again.
- ☐ After the rice has been fluffed, pour the remaining tablespoon of oil into a large wok or skillet set over medium heat. When warm, add the beaten eggs and swirl to cover the bottom. Stir occasionally with a spatula until you get small, firm lumps, one to two minutes.

- ☐
- Add the chopped scallions, stir well, and cook for another minute.
- ☐
- Add the rice mixture to the eggs. Stir often with a wooden until everything is well mixed and the rice is hot, one to two minutes. Turn off the heat, season to taste with black pepper and salt, and add the toasted almonds and parsley.
- ☐
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:82.65, Glycemic Load:37.05, Inflammation Score:-7, Nutrition Score:16.580000027366%

Flavonoids

Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg

Nutrients (% of daily need)

Calories: 482.84kcal (24.14%), Fat: 17.78g (27.36%), Saturated Fat: 3.76g (23.49%), Carbohydrates: 70.29g (23.43%), Net Carbohydrates: 66.88g (24.32%), Sugar: 10.44g (11.6%), Cholesterol: 98.29mg (32.76%), Sodium: 635.27mg (27.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.88g (21.77%), Vitamin K: 77.48µg (73.79%), Manganese: 1.02mg (50.99%), Selenium: 19.65µg (28.08%), Vitamin E: 3.47mg (23.15%), Vitamin A: 1063.36IU (21.27%), Phosphorus: 194.69mg (19.47%), Vitamin B2: 0.27mg (15.89%), Copper: 0.31mg (15.6%), Fiber: 3.41g (13.65%), Vitamin B5: 1.29mg (12.86%), Potassium: 435.48mg (12.44%), Vitamin B6: 0.25mg (12.33%), Magnesium: 47.75mg (11.94%), Iron: 2.06mg (11.44%), Zinc: 1.49mg (9.96%), Vitamin B3: 1.89mg (9.44%), Calcium: 91.7mg (9.17%), Folate: 34.42µg (8.6%), Vitamin C: 6.25mg (7.57%), Vitamin B1: 0.09mg (6.18%), Vitamin B12: 0.25µg (4.19%), Vitamin D: 0.5µg (3.33%)