



HEALTH SCORE

57%

## Easy Saudi Kabsa (Zainab's) (Gluten Free)



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



2

CALORIES



873 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 0.3 teaspoon middle eastern spice mixed (Baharat Aka Middle East Spices – the Real Mix)
- ☐ 1.5 cups rice white
- ☐ 2 servings chicken stock see (or water)
- ☐ 4 garlic cloves crushed
- ☐ 1 pinch ground cumin
- ☐ 2 servings ground pepper fresh
- ☐ 1 teaspoon olive oil
- ☐ 2 servings salt

- ☐ 2 servings sea salt
- ☐ 2 chicken breasts boneless skinless thin
- ☐ 0.3 teaspoon kabsa spices (Saudi Kabsa Spice Mix)
- ☐ 1 teaspoon tahini
- ☐ 1 tablespoon tomato paste (none if you are tomato free)
- ☐ 2 cups tomato puree to be tomato free) canned (or Basic Nomato Sauce (Tomato Free Tomato Sauce)
- ☐ 1 pinch turmeric

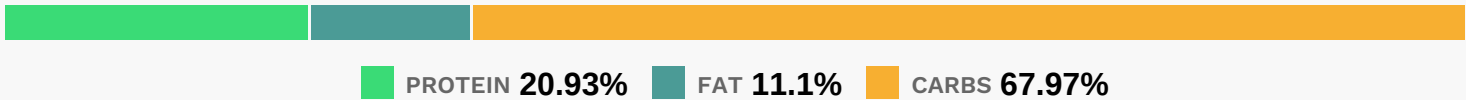
Equipment

- ☐ frying pan
- ☐ pot

Directions

- ☐ Season chicken breasts with olive oil, salt and pepper, cook over high heat, turning when golden.2 Rince basmati rice well and soak in cold water for 20 minutes.3
- ☐ Drain.4 In a deep pan add all ingredients under rice heading, bring to boil, reduce heat and simmer covered on low for 14–20 minutes until done.5 For the sauce stir all the ingredients under daqous heading in a medium pot.6 Simmer until well combined over low heat adding additional liquid if needed.7
- ☐ Serve chicken breast alongside basmati rice with Daqous & a green salad.8 Enjoy.

Nutrition Facts



Properties

Glycemic Index:94.09, Glycemic Load:67.89, Inflammation Score:-9, Nutrition Score:42.216956449592%

Flavonoids

Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 10.9mg, Quercetin: 10.9mg, Quercetin: 10.9mg, Quercetin: 10.9mg

Nutrients (% of daily need)

Calories: 873.08kcal (43.65%), Fat: 10.74g (16.52%), Saturated Fat: 2.23g (13.97%), Carbohydrates: 147.93g (49.31%), Net Carbohydrates: 140.02g (50.92%), Sugar: 17.7g (19.67%), Cholesterol: 79.52mg (26.51%), Sodium: 1007.72mg (43.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 45.55g (91.1%), Vitamin B3: 22.13mg (110.66%), Manganese: 2.17mg (108.73%), Selenium: 66.43µg (94.9%), Vitamin B6: 1.66mg (83.01%), Copper: 1.31mg (65.74%), Potassium: 2115.61mg (60.45%), Phosphorus: 604.4mg (60.44%), Vitamin E: 6.47mg (43.11%), Iron: 7.68mg (42.66%), Vitamin B5: 4.23mg (42.3%), Vitamin C: 33.38mg (40.46%), Vitamin B2: 0.62mg (36.67%), Magnesium: 144.95mg (36.24%), Fiber: 7.92g (31.67%), Vitamin A: 1523.66IU (30.47%), Vitamin B1: 0.38mg (25.21%), Zinc: 3.72mg (24.82%), Vitamin K: 19.8µg (18.86%), Folate: 62.99µg (15.75%), Calcium: 137.06mg (13.71%), Vitamin B12: 0.23µg (3.77%)