



Golden Saffron Rice



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



138 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon kosher salt
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 0.3 cup onion minced
- ☐ 0.1 teaspoon saffron threads
- ☐ 2 cups unseasoned rice simmered in water long-grain white hot cooked
- ☐ 1 tablespoon water hot

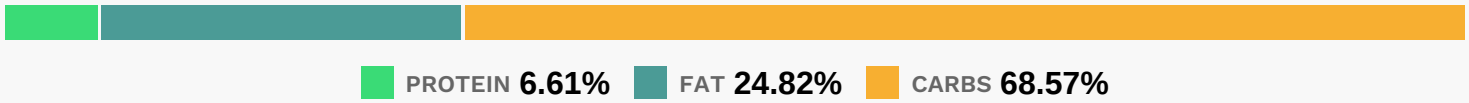
Equipment

- ☐ sauce pan

Directions

- ☐ Start with hot cooked rice simmered in water.
- ☐ Combine 1 tablespoon hot water and saffron threads, and let stand 5 minutes; stir into rice.
- ☐ Heat olive oil in a saucepan over medium heat.
- ☐ Add onion; cook 5 minutes, stirring occasionally.
- ☐ Combine rice mixture, onion mixture, and kosher salt.

Nutrition Facts



Properties

Glycemic Index:51.5, Glycemic Load:24.12, Inflammation Score:-1, Nutrition Score:2.78260873193333%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg

Nutrients (% of daily need)

Calories: 137.65kcal (6.88%), Fat: 3.73g (5.74%), Saturated Fat: 0.55g (3.43%), Carbohydrates: 23.19g (7.73%), Net Carbohydrates: 22.7g (8.26%), Sugar: 0.46g (0.51%), Cholesterol: 0mg (0%), Sodium: 146.79mg (6.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.24g (4.47%), Manganese: 0.39mg (19.35%), Selenium: 5.98µg (8.54%), Vitamin B6: 0.09mg (4.28%), Phosphorus: 36.88mg (3.69%), Vitamin E: 0.54mg (3.58%), Vitamin B5: 0.32mg (3.2%), Copper: 0.06mg (2.96%), Zinc: 0.4mg (2.7%), Magnesium: 10.53mg (2.63%), Vitamin K: 2.15µg (2.04%), Fiber: 0.49g (1.94%), Vitamin B3: 0.33mg (1.64%), Vitamin B1: 0.02mg (1.36%), Potassium: 42.37mg (1.21%), Iron: 0.2mg (1.11%), Folate: 4.27µg (1.07%), Calcium: 10.44mg (1.04%)