



Jeweled Rice

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



520 kcal

SIDE DISH

Ingredients

- 2 cups rice
- 2 medium carrots peeled cut into matchstick-size pieces
- 0.3 cup cranberries dried
- 0.3 teaspoon ground cardamom
- 0.3 teaspoon ground cumin
- 0.3 teaspoon turmeric
- 6 servings kosher salt
- 4 tablespoons olive oil divided

- 1 medium onion finely chopped
- 1 cranberry-orange relish
- 0.3 cup pistachios raw unsalted shelled
- 0.3 cup raisins
- 0.3 teaspoon saffron threads
- 0.3 cup slivered almonds
- 0.5 cup sugar
- 2 tablespoons butter unsalted

Equipment

- bowl
- frying pan
- baking sheet
- sauce pan
- oven
- pot
- sieve
- wooden spoon
- kitchen towels
- peeler

Directions

- Preheat oven to 350°.
- Spread pistachios on a rimmed baking sheet and toast until just beginning to brown, about 4 minutes.
- Transfer to a plate, let cool, then coarsely chop.
- Spread almonds on the same baking sheet and toast until golden brown, 5–8 minutes; let cool. Set nuts aside.

- Place rice in a fine-mesh sieve and rinse under cold water until water runs clear. Cook rice in a large pot of boiling salted water, stirring occasionally, until grains have lengthened but are still firm, 6–7 minutes; drain and rinse under cold water.
- Spread rice on another rimmed baking sheet; let cool.
- Meanwhile, using a vegetable peeler, remove zest from orange and thinly slice lengthwise (reserve flesh for another use). Bring sugar and 1 cup water to a boil in a medium saucepan, stirring to dissolve sugar.
- Add orange zest and carrots, reduce heat, and simmer, stirring occasionally, until carrots are tender, 15–20 minutes; drain and set aside (discard syrup).
- Combine barberries and raisins in a small bowl and cover with hot water; let soak 10 minutes.
- Drain and set aside.
- Place saffron in another small bowl and add 1/4 cup hot water; set aside.
- Heat butter and 1 tablespoon oil in a large skillet over medium heat.
- Add onion, season with salt, and cook, stirring often, until soft and beginning to brown, 8–10 minutes.
- Add cardamom, cumin, turmeric, and 1 tablespoon saffron mixture. Cook, stirring constantly, until fragrant, about 1 minute.
- Reduce heat to low, add barberries and raisins, and cook, stirring often, about 3 minutes. Stir in reserved nuts and orange zest and carrot mixture; season with salt. Set fruit and nut mixture aside.
- Heat remaining 3 tablespoons oil in a large wide heavy pot over medium heat.
- Add half of rice, spreading evenly; top with fruit and nut mixture, then remaining rice, spreading evenly. Using the end of a wooden spoon, poke 5–6 holes in rice all the way through to bottom of pot (to help release steam and help rice cook evenly).
- Drizzle remaining saffron mixture over rice.
- Place a clean kitchen towel over pot, cover with a tight-fitting lid, and secure loose edges of towel on top of lid, using a rubber band or masking tape.
- Cook until pot begins to steam, 5–8 minutes. Reduce heat to very low and cook, without stirring, until rice is tender and bottom layer of rice is browned and crisp, 30–40 minutes.
- Scoop rice into a wide serving bowl, breaking bottom crust into pieces.
- DO AHEAD: Fruit and nut mixture can be made 2 days ahead. Cover fruit and nut mixture and remaining saffron mixture separately and chill.

Nutrition Facts

PROTEIN 5.46% FAT 31.27% CARBS 63.27%

Properties

Glycemic Index:69.9, Glycemic Load:45.96, Inflammation Score:-10, Nutrition Score:13.985652139653%

Flavonoids

Cyanidin: 0.52mg, Cyanidin: 0.52mg, Cyanidin: 0.52mg, Cyanidin: 0.52mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 5.95mg, Hesperetin: 5.95mg, Hesperetin: 5.95mg, Hesperetin: 5.95mg Naringenin: 3.36mg, Naringenin: 3.36mg, Naringenin: 3.36mg, Naringenin: 3.36mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 1.04mg, Isorhamnetin: 1.04mg, Isorhamnetin: 1.04mg, Isorhamnetin: 1.04mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 4.18mg, Quercetin: 4.18mg, Quercetin: 4.18mg, Quercetin: 4.18mg

Nutrients (% of daily need)

Calories: 520.32kcal (26.02%), Fat: 18.36g (28.25%), Saturated Fat: 4.29g (26.81%), Carbohydrates: 83.6g (27.87%), Net Carbohydrates: 79.57g (28.94%), Sugar: 24.75g (27.5%), Cholesterol: 10.03mg (3.34%), Sodium: 214.74mg (9.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.22g (14.43%), Vitamin A: 3585.39IU (71.71%), Manganese: 0.96mg (47.91%), Vitamin E: 3.08mg (20.52%), Vitamin C: 14.84mg (17.99%), Fiber: 4.03g (16.1%), Copper: 0.3mg (14.99%), Selenium: 10.3µg (14.71%), Phosphorus: 140.02mg (14%), Vitamin B6: 0.27mg (13.65%), Magnesium: 43.01mg (10.75%), Potassium: 346.29mg (9.89%), Vitamin B1: 0.15mg (9.75%), Vitamin K: 9.16µg (8.73%), Vitamin B5: 0.82mg (8.25%), Vitamin B3: 1.6mg (8.02%), Vitamin B2: 0.13mg (7.82%), Iron: 1.32mg (7.35%), Zinc: 1.06mg (7.05%), Folate: 23.79µg (5.95%), Calcium: 59.31mg (5.93%)