



Jeweled Rice with Dried Fruit



Vegetarian



Gluten Free

READY IN



300 min.

SERVINGS



10

CALORIES



391 kcal

SIDE DISH

Ingredients

- ☐ 1.3 lb rice
- ☐ 0.5 teaspoon pepper black
- ☐ 3.5 oz apricot dried quartered
- ☐ 2 oz cranberries dried
- ☐ 3 oz golden raisins
- ☐ 0.5 teaspoon ground cardamom
- ☐ 0.5 cup pistachios unsalted red shelled coarsely chopped (not dyed ;)
- ☐ 3 tablespoons salt

- ☐ 0.5 cup butter unsalted
- ☐ 4 qt water

Equipment

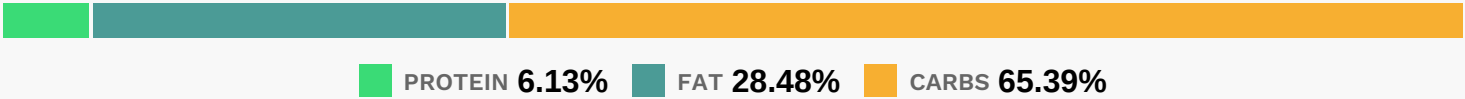
- ☐ bowl
- ☐ frying pan
- ☐ pot
- ☐ sieve
- ☐ wooden spoon
- ☐ kitchen towels

Directions

- ☐ Rinse rice in several changes of cold water in a large bowl until water runs clear.
- ☐ Drain in a large sieve.
- ☐ Bring water and salt to a boil in a 6-quart heavy pot, then add rice and boil, uncovered, stirring occasionally, 5 minutes from time water returns to boil.
- ☐ Drain rice in sieve.
- ☐ Toss together dried fruit in a bowl. Melt 6 tablespoons butter with cardamom and pepper in cleaned and dried pot, stirring to combine, then alternately layer rice and dried fruit over it, beginning and ending with rice and mounding loosely. Make 5 or 6 holes in rice to bottom of pot with round handle of a wooden spoon, then cover pot with a kitchen towel and a heavy lid. Fold edges of towel up over lid (to keep towel from burning) and cook rice over moderately low heat, undisturbed, until tender and a crust forms on bottom, 30 to 35 minutes.
- ☐ Remove from heat and let rice stand, tightly covered and undisturbed, at least 30 minutes.
- ☐ Heat remaining 2 tablespoons butter in a small skillet over moderate heat and cook pistachios, stirring, until lightly browned, 2 to 3 minutes.
- ☐ Spoon loose rice onto a platter, then break crust into 1-inch pieces and scatter over rice.
- ☐ Sprinkle with pistachios.
- ☐ • Rice can be parboiled and drained 4 hours ahead and transferred to a bowl. Keep, covered with a dampened kitchen towel, at room temperature. • Rice can stand off heat up to 1 hour. • If

you're short on time, you can skip letting the rice stand after cooking: Spoon loose rice onto a platter and then dip bottom of pot into a large bowl of cold water for 30 seconds to loosen crust.

Nutrition Facts



Properties

Glycemic Index:18.83, Glycemic Load:32.77, Inflammation Score:-5, Nutrition Score:8.2234782084175%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg

Nutrients (% of daily need)

Calories: 391.13kcal (19.56%), Fat: 12.56g (19.32%), Saturated Fat: 6.3g (39.38%), Carbohydrates: 64.88g (21.63%), Net Carbohydrates: 62.09g (22.58%), Sugar: 15g (16.67%), Cholesterol: 24.4mg (8.13%), Sodium: 2118.65mg (92.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.09g (12.17%), Manganese: 0.8mg (40.22%), Copper: 0.34mg (16.91%), Selenium: 9.61µg (13.73%), Vitamin A: 657.71IU (13.15%), Phosphorus: 114.39mg (11.44%), Fiber: 2.79g (11.16%), Vitamin B6: 0.21mg (10.33%), Potassium: 314.25mg (8.98%), Magnesium: 31.72mg (7.93%), Vitamin B5: 0.7mg (6.96%), Vitamin B3: 1.38mg (6.92%), Vitamin E: 1.02mg (6.79%), Iron: 1.18mg (6.57%), Zinc: 0.9mg (5.97%), Vitamin B1: 0.09mg (5.75%), Calcium: 49.13mg (4.91%), Vitamin B2: 0.07mg (4.21%), Vitamin K: 2.86µg (2.73%), Folate: 9.28µg (2.32%), Vitamin D: 0.17µg (1.13%)