



## Kabsa

 Gluten Free

READY IN



120 min.

SERVINGS



6

CALORIES



562 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 0.5 teaspoon baharat spice mix (Arabic 7-spice mix)
- ☐ 2 cups rice
- ☐ 2 bay leaves
- ☐ 3 tablespoons butter
- ☐ 6 cardamom pods whole
- ☐ 2 chicken breast halves
- ☐ 2 skin-on chicken drumsticks
- ☐ 2 chicken thighs

- ☐ 2 cinnamon sticks
- ☐ 0.5 cup golden raisins
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.5 teaspoon ground nutmeg
- ☐ 0.3 teaspoon ground pepper black
- ☐ 0.5 cup onion chopped
- ☐ 2 cups onions chopped
- ☐ 1.5 teaspoons salt
- ☐ 1.5 cups tomatoes very ripe chopped
- ☐ 2 tablespoons vegetable oil
- ☐ 0.3 cup water

## Equipment

- ☐ bowl
- ☐ frying pan

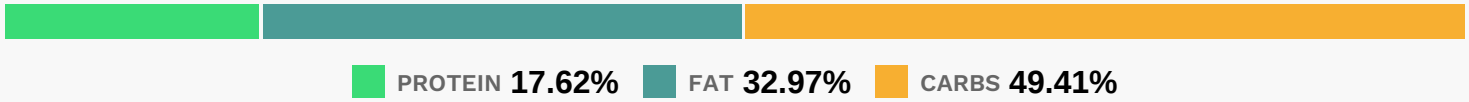
## Directions

- ☐ Place chicken thighs, drumsticks, and breasts into a large pan and pour in 6 cups water; stir in 1 teaspoon salt, 1/2 cup chopped onion, bay leaves, and cinnamon sticks. Bring to a boil, reduce heat to low, and simmer until chicken is tender, about 1 1/2 hours.
- ☐ Remove chicken, strain the broth, and retain 4 cups of broth.
- ☐ While chicken is simmering, rinse basmati rice thoroughly until water runs clear.
- ☐ Place into a bowl and mix in 1 1/2 teaspoon salt, cardamom pods, whole cloves, nutmeg, baharat spice mix, 1/4 teaspoon ground cinnamon, and black pepper.
- ☐ Let the rice sit while you complete remaining steps.
- ☐ Soak golden raisins with 1/3 cup water in a small bowl.
- ☐ Heat 2 tablespoons vegetable oil with 1 tablespoon butter in a large pan. Cook and stir 2 cups onion with tomatoes until vegetables soften, about 10 minutes.
- ☐ Mix in the seasoned rice and cook until rice grains are hot, 2 to 3 minutes; pour in reserved 4 cups of chicken broth. Bring to a boil.

- ☐
- Mix in soaked golden raisins.

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## Nutrition Facts



## Properties

Glycemic Index:63.64, Glycemic Load:36.71, Inflammation Score:-7, Nutrition Score:19.549130520095%

## Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 3.34mg, Isorhamnetin: 3.34mg, Isorhamnetin: 3.34mg, Isorhamnetin: 3.34mg Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 14.04mg, Quercetin: 14.04mg, Quercetin: 14.04mg, Quercetin: 14.04mg

## Nutrients (% of daily need)

Calories: 562.35kcal (28.12%), Fat: 20.62g (31.73%), Saturated Fat: 7.05g (44.03%), Carbohydrates: 69.53g (23.18%), Net Carbohydrates: 65.21g (23.71%), Sugar: 11.13g (12.37%), Cholesterol: 99.29mg (33.1%), Sodium: 735.68mg (31.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.8g (49.61%), Manganese: 1.67mg (83.55%), Selenium: 33.86µg (48.37%), Vitamin B3: 8.39mg (41.93%), Vitamin B6: 0.76mg (37.86%), Phosphorus: 300.76mg (30.08%), Vitamin B5: 1.95mg (19.55%), Potassium: 656.15mg (18.75%), Fiber: 4.33g (17.31%), Vitamin K: 17.1µg (16.28%), Zinc: 2.26mg (15.06%), Magnesium: 59.62mg (14.91%), Copper: 0.29mg (14.61%), Vitamin C: 11.37mg (13.79%), Vitamin B2: 0.22mg (12.76%), Iron: 2.07mg (11.5%), Vitamin B1: 0.17mg (11.13%), Vitamin A: 552.21IU (11.04%), Calcium: 80.28mg (8.03%), Vitamin B12: 0.47µg (7.79%), Vitamin E: 1.13mg (7.56%), Folate: 28.4µg (7.1%)