



Malooba



Gluten Free



Dairy Free

READY IN



180 min.

SERVINGS



6

CALORIES



760 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2.5 cups rice rinsed uncooked drained
- ☐ 3 bay leaves
- ☐ 1 large head cauliflower separated
- ☐ 2 tablespoons ground allspice
- ☐ 0.5 teaspoon ground cardamom
- ☐ 1 medium onion quartered
- ☐ 1 large potatoes sliced into rounds
- ☐ 3 cardamom seeds whole

- ☐ 2 medium tomatoes diced
- ☐ 3 tablespoons vegetable oil
- ☐ 6 cups water
- ☐ 4 pound meat from a rotisserie chicken whole cut into pieces

Equipment


- ☐ frying pan
- ☐ pot

Directions

- ☐ Place chicken in a large pot with 6 cups water, onion, 2 tablespoons allspice, ground cardamom, cardamom seeds, whole cloves and bay leaves. Bring to a boil, and cook until chicken is tender, about 40 minutes.
- ☐ Remove chicken, strain and reserve broth.
- ☐ Soak the rice in water while waiting for the chicken to cook. When the chicken is almost done, drain the water off, and stir in 1 1/2 tablespoons of allspice.
- ☐ Heat the oil in a skillet over medium-high heat. Fry the potatoes and cauliflower in the hot oil until browned. They do not need to fully cook.
- ☐ In a separate pot, layer fried potatoes on the bottom. This is done so that the rice will not stick to the bottom of the pan.
- ☐ Add the cauliflower and tomatoes, and sprinkle a handful of rice over the vegetables.
- ☐ Remove the bones from the chicken and place the chicken in the pot. Cover with the rest of the rice.
- ☐ Pour in the reserved broth until it reaches a level about 1/2 inch above the level of the rice. Cover the pot, and cook over medium-low heat for 1 hour, until rice is tender.
- ☐ When the liquid has absorbed, have a large round tray ready. Uncover the pot, and place the tray over the top. Invert so that the pan is upside down on top of the tray.
- ☐ Let stand for 5 minutes like this, then slowly remove the pot to let the food fall onto the tray.

Nutrition Facts



 PROTEIN **19.64%**  FAT **35.57%**  CARBS **44.79%**

Properties

Glycemic Index:44.49, Glycemic Load:47.26, Inflammation Score:-8, Nutrition Score:31.457826344863%

Flavonoids

Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 1.15mg, Kaempferol: 1.15mg, Kaempferol: 1.15mg, Kaempferol: 1.15mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 5.15mg, Quercetin: 5.15mg, Quercetin: 5.15mg, Quercetin: 5.15mg

Nutrients (% of daily need)

Calories: 759.65kcal (37.98%), Fat: 29.97g (46.11%), Saturated Fat: 7.71g (48.18%), Carbohydrates: 84.92g (28.31%), Net Carbohydrates: 78.19g (28.43%), Sugar: 5.1g (5.67%), Cholesterol: 108.86mg (36.29%), Sodium: 167.52mg (7.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.24g (74.48%), Vitamin C: 89.94mg (109.02%), Manganese: 1.64mg (81.87%), Vitamin B3: 12.8mg (63.99%), Vitamin B6: 1.14mg (56.8%), Selenium: 33.71µg (48.16%), Phosphorus: 418.22mg (41.82%), Vitamin K: 40.94µg (38.99%), Potassium: 1198.63mg (34.25%), Vitamin B5: 3.28mg (32.77%), Folate: 114.96µg (28.74%), Fiber: 6.73g (26.92%), Magnesium: 97.59mg (24.4%), Zinc: 3.53mg (23.54%), Copper: 0.45mg (22.26%), Vitamin B2: 0.33mg (19.53%), Iron: 3.47mg (19.26%), Vitamin B1: 0.29mg (19.21%), Vitamin A: 560.23IU (11.2%), Calcium: 109.25mg (10.92%), Vitamin E: 1.42mg (9.46%), Vitamin B12: 0.45µg (7.5%), Vitamin D: 0.29µg (1.94%)