

Prawn Biryani

 **Gluten Free**

READY IN



155 min.

SERVINGS



2

CALORIES



852 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cubes chicken bouillon
- 2 cinnamon sticks
- 1 teaspoon garam masala
- 1 tablespoon ginger garlic paste
- 1 teaspoon ground pepper black
- 0.5 cup yogurt plain
- 2 servings salt to taste
- 4 cardamom seeds whole

- 9 ounces tiger prawns deveined peeled
- 0.3 cup vegetable oil
- 1 cup water
- 1.3 cups rice white uncooked

Equipment

- bowl
- microwave

Directions

- Place rice with enough water to cover in a small bowl. Soak rice for 2 hours; drain.
- Stir together the prawns, ginger garlic paste, garam masala, black pepper, cloves, cardamom seeds, cinnamon sticks, salt, yogurt, and oil in a microwave safe bowl until well mixed. Cook in microwave on High until the shrimp are bright pink on the outside and the meat is no longer transparent in the center, about 10 minutes.
- Remove the prawns from the curry and set aside.
- Stir the rice, water, and chicken bouillon into the curry and mix well. Cook in the microwave on High until rice is tender, about 10 minutes.
- Mix in the prawns; return to the microwave and cook on high until heated through, about 5 minutes. Discard cinnamon stick, cloves, and cardamom seeds before serving.

Nutrition Facts



PROTEIN 13.88% **FAT 34.09%** **CARBS 52.03%**

Properties

Glycemic Index:61.09, Glycemic Load:60.15, Inflammation Score:-5, Nutrition Score:25.330434736998%

Nutrients (% of daily need)

Calories: 851.63kcal (42.58%), Fat: 31.81g (48.95%), Saturated Fat: 5.86g (36.64%), Carbohydrates: 109.26g (36.42%), Net Carbohydrates: 104.24g (37.9%), Sugar: 3.09g (3.43%), Cholesterol: 168.7mg (56.23%), Sodium: 964.58mg (41.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.15g (58.29%), Manganese: 3.24mg (162.03%), Selenium: 57.9µg (82.71%), Phosphorus: 522.27mg (52.23%), Vitamin K: 53.47µg (50.92%), Copper:

0.57mg (28.43%), Vitamin E: 4.18mg (27.85%), Vitamin B12: 1.64µg (27.38%), Calcium: 236.08mg (23.61%), Vitamin B6: 0.44mg (22.25%), Zinc: 3.33mg (22.2%), Vitamin B3: 4.39mg (21.95%), Magnesium: 80.43mg (20.11%), Fiber: 5.02g (20.09%), Vitamin B5: 1.91mg (19.11%), Potassium: 454.16mg (12.98%), Iron: 2.24mg (12.44%), Vitamin B2: 0.18mg (10.42%), Folate: 38.78µg (9.7%), Vitamin B1: 0.14mg (9.29%), Vitamin A: 306.06IU (6.12%), Vitamin C: 1.28mg (1.55%), Vitamin D: 0.19µg (1.26%)