



Quick-Cook Rice With Fresh Herbs

 Vegetarian  Gluten Free

READY IN



95 min.

SERVINGS



6

CALORIES



531 kcal

SIDE DISH

Ingredients

- 3 cups rice uncooked
- 0.7 cup butter melted
- 1 cup cilantro leaves fresh chopped (2 bunches)
- 1 cup optional: dill fresh chopped (3 [1-ounce] packages)
- 1 cup parsley fresh chopped (2 bunches)
- 3 garlic cloves unpeeled
- 4 green onions chopped
- 0.5 teaspoon ground cinnamon

- 0.5 teaspoon ground saffron
- 2 tablespoons salt
- 4 tablespoons water hot divided
- 8 cups water

Equipment

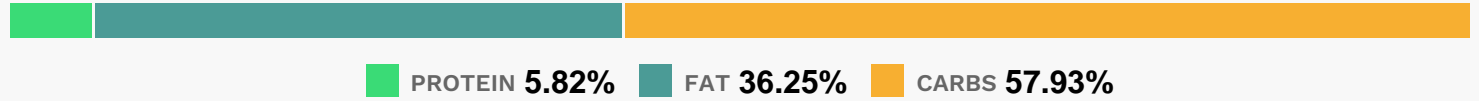
- bowl
- kitchen towels
- spatula
- dutch oven
- colander

Directions

- Place rice in a large colander, and rinse until water runs clear.
- Combine rice, 8 cups water, and salt, and soak 2 hours.
- Drain, pouring salted water into a large nonstick Dutch oven. Bring to a boil, and add rice. Return to a boil, and cook 12 minutes, gently stirring twice to keep rice from sticking to bottom of Dutch oven.
- Drain rice; rinse with warm water.
- Dissolve saffron in 2 tablespoons hot water. Set aside.
- Combine green onions and next 3 ingredients in a bowl.
- Add half of melted butter to nonstick Dutch oven.
- Drizzle with 1 tablespoon saffron mixture. Spoon about 1 cup rice over butter; top with about 1/2 cup green onion mixture, and top with garlic cloves. Repeat layers with remaining rice and green onion mixture, forming a cone shape.
- Sprinkle with cinnamon, and drizzle with remaining half of butter, remaining 1 tablespoon saffron mixture, and remaining 2 tablespoons hot water.
- Place a clean cotton dish towel over Dutch oven (make sure it doesn't touch the burner), and cover firmly with lid to prevent steam from escaping. Cook over high heat 2 minutes; reduce heat to low, and cook 12 minutes.

- Remove from heat, and cool 5 minutes.
- Scoop rice, using a spatula, onto the center of an oval serving platter, leaving the crisp bottom intact. Gently lift crisp bottom layer with spatula, and serve on a separate plate, or crumble over rice on serving platter.

Nutrition Facts



Properties

Glycemic Index:54.53, Glycemic Load:44.95, Inflammation Score:-9, Nutrition Score:17.264347757982%

Flavonoids

Apigenin: 21.55mg, Apigenin: 21.55mg, Apigenin: 21.55mg, Apigenin: 21.55mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 3.41mg, Isorhamnetin: 3.41mg, Isorhamnetin: 3.41mg, Isorhamnetin: 3.41mg Kaempferol: 1.32mg, Kaempferol: 1.32mg, Kaempferol: 1.32mg, Kaempferol: 1.32mg Myricetin: 1.56mg, Myricetin: 1.56mg, Myricetin: 1.56mg, Myricetin: 1.56mg Quercetin: 6.64mg, Quercetin: 6.64mg, Quercetin: 6.64mg, Quercetin: 6.64mg

Nutrients (% of daily need)

Calories: 531.28kcal (26.56%), Fat: 21.27g (32.73%), Saturated Fat: 13.15g (82.21%), Carbohydrates: 76.47g (25.49%), Net Carbohydrates: 74.37g (27.04%), Sugar: 0.44g (0.49%), Cholesterol: 54.23mg (18.08%), Sodium: 2521.73mg (109.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.68g (15.37%), Vitamin K: 190.76µg (181.68%), Manganese: 1.21mg (60.41%), Vitamin A: 2337.66IU (46.75%), Vitamin C: 22.66mg (27.47%), Selenium: 14.53µg (20.75%), Copper: 0.3mg (15.07%), Phosphorus: 130.06mg (13.01%), Iron: 2.11mg (11.71%), Vitamin B5: 1.07mg (10.68%), Folate: 41.94µg (10.49%), Vitamin B6: 0.2mg (10.19%), Magnesium: 39.04mg (9.76%), Vitamin B3: 1.83mg (9.15%), Zinc: 1.31mg (8.75%), Calcium: 85.19mg (8.52%), Fiber: 2.1g (8.4%), Potassium: 268.97mg (7.68%), Vitamin B1: 0.09mg (5.89%), Vitamin E: 0.88mg (5.85%), Vitamin B2: 0.1mg (5.84%)