



## Saffron Chicken and Rice with Dates



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



272 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 6 dates whole pitted quartered
- ☐ 2 garlic clove minced
- ☐ 3 spring onion thinly sliced
- ☐ 1.5 cups onion chopped
- ☐ 1 cup rice long-grain uncooked
- ☐ 0.3 teaspoon saffron threads divided crushed
- ☐ 0.5 teaspoon salt divided

- ☐ 1 pound chicken breast boneless skinless cut into bite-sized pieces
- ☐ 2 cups sacramento tomato juice
- ☐ 1 tablespoon vegetable oil
- ☐ 2 cups water

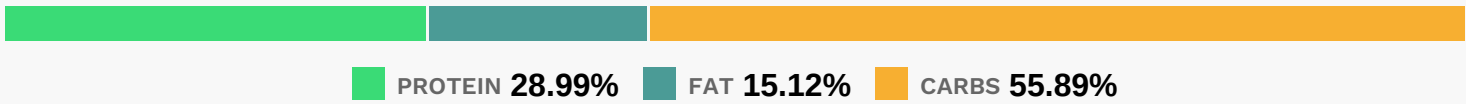
## Equipment

- ☐ frying pan
- ☐ sauce pan

## Directions

- ☐ Heat oil in a large saucepan over medium-high heat.
- ☐ Sprinkle chicken with 1/4 teaspoon salt and pepper.
- ☐ Add chicken to pan, and saut 5 minutes, browning on all sides.
- ☐ Remove chicken from pan; keep warm.
- ☐ Add onion, 1/8 teaspoon saffron, and garlic to pan; saut 5 minutes or until onion is tender. Stir in reserved chicken, tomato juice, and dates; cover. Reduce heat to low, and cook 15 minutes. Uncover; cook 10 minutes.
- ☐ Remove from heat; keep warm.
- ☐ Combine 1/4 teaspoon salt, 1/8 teaspoon saffron, 2 cups water, and rice in a saucepan; bring to a boil. Cover, reduce heat, and simmer 20 minutes or until rice is tender and water is absorbed. Fluff with a fork.
- ☐ Serve the chicken mixture over rice mixture.
- ☐ Garnish with sliced green onions and lemon wedges, if desired.

## Nutrition Facts



## Properties

Glycemic Index:55.92, Glycemic Load:19.27, Inflammation Score:-6, Nutrition Score:14.874347997748%

## Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 9.81mg, Quercetin: 9.81mg, Quercetin: 9.81mg, Quercetin: 9.81mg

Nutrients (% of daily need)

Calories: 271.9kcal (13.6%), Fat: 4.56g (7.01%), Saturated Fat: 0.86g (5.37%), Carbohydrates: 37.9g (12.63%), Net Carbohydrates: 35.74g (12.99%), Sugar: 9.2g (10.23%), Cholesterol: 48.38mg (16.13%), Sodium: 297.96mg (12.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.66g (39.32%), Vitamin B3: 9.1mg (45.49%), Selenium: 29.68µg (42.4%), Vitamin B6: 0.78mg (39.13%), Manganese: 0.51mg (25.6%), Vitamin C: 20.16mg (24.44%), Phosphorus: 228.63mg (22.86%), Vitamin K: 19.14µg (18.22%), Potassium: 626.77mg (17.91%), Vitamin B5: 1.69mg (16.94%), Magnesium: 45.68mg (11.42%), Copper: 0.19mg (9.48%), Vitamin B1: 0.14mg (9.03%), Vitamin A: 449.07IU (8.98%), Fiber: 2.16g (8.65%), Folate: 34.51µg (8.63%), Vitamin B2: 0.14mg (8.08%), Zinc: 1.03mg (6.86%), Iron: 1.15mg (6.37%), Vitamin E: 0.67mg (4.46%), Calcium: 41.43mg (4.14%), Vitamin B12: 0.15µg (2.52%)