

Saffron Pilaf

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



569 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 6 tablespoons butter (80 g / 3 oz)
- 5 cups savory vegetable (1.2 litres/ 2 pints)
- 6 servings parmesan fresh grated finely chopped
- 2.3 cups rice long-grain (450 g / 1 lb)
- 10 saffron threads crushed
- 6 servings salt and pepper

Equipment

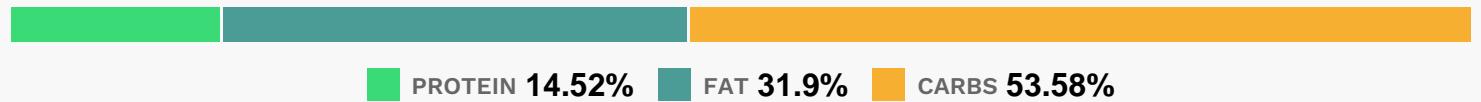
- frying pan

kitchen towels

Directions

- Melt the butter in a pan over high heat. When it begins to brown, add the rice, and cook, stirring constantly, until it turns opaque.
- Pour in 4 cups (1 litre / 1 3/4 pints) of the stock, add a pinch of salt, and bring to a boil. Reduce the heat, cover, and simmer for about 20 minutes, or until the rice has absorbed all the liquid and small holes appear on the surface. Stir the saffron into the remaining stock, add it to the rice, and stir gently.
- Place a clean dish towel over the top of the pan, replace the lid, and remove from the heat.
- Let the pilaf rest for 5–8 minutes.
- Serve, sprinkled with finely chopped parsley and grated cheese. This is an excellent accompaniment to roast or braised meat or fish.
- Vefa's Kitchen by Vefa Alexiadou, published by Phaidon Press, \$45.00, www.phaidon.com

Nutrition Facts



Properties

Glycemic Index:42.2, Glycemic Load:40.14, Inflammation Score:-10, Nutrition Score:20.88913042649%

Flavonoids

Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg

Nutrients (% of daily need)

Calories: 568.52kcal (28.43%), Fat: 20.35g (31.31%), Saturated Fat: 12.39g (77.46%), Carbohydrates: 76.91g (25.64%), Net Carbohydrates: 69.94g (25.43%), Sugar: 0.33g (0.37%), Cholesterol: 50.5mg (16.83%), Sodium: 839.29mg (36.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.85g (41.7%), Vitamin A: 8286.24IU (165.72%), Manganese: 1.15mg (57.75%), Calcium: 416.11mg (41.61%), Phosphorus: 381.03mg (38.1%), Fiber: 6.97g (27.89%), Selenium: 17.98µg (25.68%), Vitamin C: 15.84mg (19.2%), Magnesium: 67.45mg (16.86%), Vitamin B1: 0.25mg (16.41%), Vitamin B2: 0.27mg (15.73%), Vitamin B3: 3.1mg (15.49%), Zinc: 2.28mg (15.18%), Copper: 0.3mg (15.18%), Vitamin B6: 0.29mg (14.4%), Folate: 52.13µg (13.03%), Iron: 2.26mg (12.53%), Potassium: 433.75mg (12.39%), Vitamin B5: 1.1mg (11.02%), Vitamin B12: 0.38µg (6.4%), Vitamin E: 0.47mg (3.11%), Vitamin K: 1.56µg (1.49%)