



Saffron Pilaf

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



146 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 tablespoons almonds toasted sliced
- 1.3 cups rice uncooked
- 2 bay leaves
- 2.3 cups fat-skimmed beef broth fat-free
- 2 tablespoons raisins
- 0.5 teaspoon saffron threads crumbled
- 0.8 teaspoon salt
- 1 teaspoon vegetable oil

1 tablespoon water

2 cups water cold

Equipment

bowl

sauce pan

Directions

Combine warm water and saffron.

Rinse rice well; drain.

Combine rice and 2 cups cold water in a bowl, and let stand 30 minutes to 2 hours.

Drain.

Heat the oil in a large saucepan over medium-high heat.

Add cloves and bay leaves; cook 1 1/2 minutes, stirring occasionally (be careful not to burn the bay leaves). Stir in saffron mixture, rice, broth, raisins, and salt; bring to a boil. Reduce heat; simmer 5 minutes or until liquid is absorbed. Reduce heat to low. Cover and cook 5 minutes.

Remove from heat; let stand 5 minutes. Fluff with a fork. Discard cloves and bay leaves; sprinkle with almonds.

Nutrition Facts



PROTEIN 8.75% **FAT 13.32%** **CARBS 77.93%**

Properties

Glycemic Index:25, Glycemic Load:16.44, Inflammation Score:-1, Nutrition Score:3.8560869874352%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 145.74kcal (7.29%), Fat: 2.14g (3.3%), Saturated Fat: 0.24g (1.52%), Carbohydrates: 28.25g (9.42%), Net Carbohydrates: 27.27g (9.92%), Sugar: 0.24g (0.27%), Cholesterol: 0mg (0%), Sodium: 484.82mg (21.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.17g (6.34%), Manganese: 0.41mg (20.7%), Selenium: 6.19µg (8.84%), Copper: 0.13mg (6.35%), Phosphorus: 57.36mg (5.74%), Vitamin B3: 0.98mg (4.91%), Vitamin E: 0.72mg (4.8%), Magnesium: 16.88mg (4.22%), Vitamin B5: 0.4mg (4.03%), Fiber: 0.98g (3.9%), Vitamin B2: 0.06mg (3.76%), Vitamin B6: 0.07mg (3.52%), Iron: 0.54mg (3%), Potassium: 104.16mg (2.98%), Zinc: 0.44mg (2.94%), Vitamin B1: 0.04mg (2.36%), Vitamin B12: 0.13µg (2.13%), Calcium: 21.14mg (2.11%), Folate: 4.37µg (1.09%), Vitamin K: 1.07µg (1.01%)