

## Saffron Rice



Vegetarian



Gluten Free

READY IN



60 min.

SERVINGS



6

CALORIES



251 kcal

SIDE DISH

## Ingredients

- ☐ 0.5 cup butter
- ☐ 0.5 teaspoon parsley flakes dried
- ☐ 0.3 cup onion diced
- ☐ 1 pinch saffron threads
- ☐ 2 cups water
- ☐ 1 cup rice long grain white uncooked

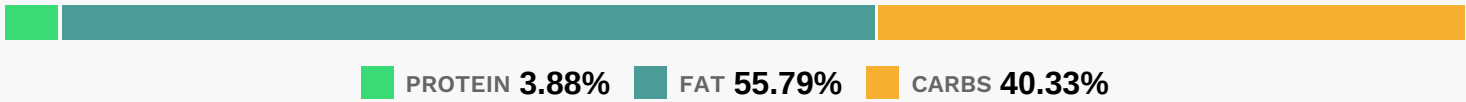
## Equipment

- ☐ sauce pan

# Directions

- ☐ Heat the butter in a saucepan over medium heat. Stir in the onion; cook and stir until the onion has softened and turned translucent, about 5 minutes. Reduce heat to medium-low, and continue cooking and stirring until the onion is very tender and dark brown, 15 to 20 minutes more.
- ☐ Pour in rice and stir to coat. Stir in water, parsley flakes, saffron, and 3 drops of yellow food coloring (optional). Reduce heat, cover, and simmer until water is absorbed, about 30 minutes.

## Nutrition Facts



## Properties

Glycemic Index:34.7, Glycemic Load:14.98, Inflammation Score:-3, Nutrition Score:3.1565217531246%

## Flavonoids

Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg Isorhamnetin: 0.36mg, Isorhamnetin: 0.36mg, Isorhamnetin: 0.36mg, Isorhamnetin: 0.36mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg

## Nutrients (% of daily need)

Calories: 250.89kcal (12.54%), Fat: 15.55g (23.93%), Saturated Fat: 9.78g (61.14%), Carbohydrates: 25.29g (8.43%), Net Carbohydrates: 24.78g (9.01%), Sugar: 0.33g (0.37%), Cholesterol: 40.67mg (13.56%), Sodium: 127.44mg (5.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.44g (4.87%), Manganese: 0.35mg (17.36%), Vitamin A: 473.07IU (9.46%), Selenium: 4.88µg (6.97%), Phosphorus: 41.99mg (4.2%), Copper: 0.08mg (4.16%), Vitamin B5: 0.34mg (3.42%), Vitamin E: 0.47mg (3.17%), Vitamin B6: 0.06mg (2.96%), Vitamin B3: 0.51mg (2.55%), Zinc: 0.37mg (2.49%), Magnesium: 9.6mg (2.4%), Fiber: 0.52g (2.07%), Calcium: 17.18mg (1.72%), Vitamin B1: 0.03mg (1.71%), Iron: 0.27mg (1.48%), Potassium: 50.1mg (1.43%), Vitamin K: 1.5µg (1.42%), Vitamin B2: 0.02mg (1.39%), Folate: 4.32µg (1.08%)