



Saffron Rice



Vegetarian



Gluten Free

READY IN



30 min.

SERVINGS



6

CALORIES



197 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons butter
- ☐ 3 cups chicken stock see
- ☐ 0.8 cup onion diced
- ☐ 1 pinch saffron threads
- ☐ 6 servings salt and pepper black freshly ground
- ☐ 1 cup rice long-grain white

Equipment

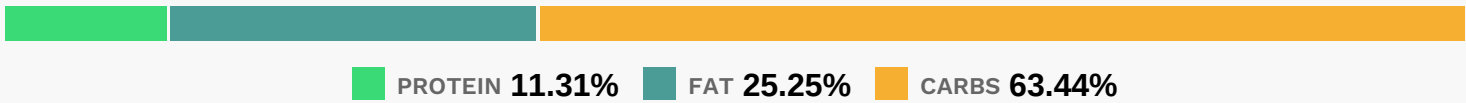
- ☐ sauce pan

☐ pot

Directions

- ☐ In a large saucepan or pot, melt the butter over medium heat.
- ☐ Add the onions while stirring in the rice to coat with the butter.
- ☐ Pour in the chicken stock, saffron, salt and pepper. Raise the heat to high and bring to a boil. Cover, turn the heat to low and simmer for about 20 minutes.
- ☐ Remove the lid and fluff with a fork before serving.

Nutrition Facts



Properties

Glycemic Index:40.03, Glycemic Load:15.27, Inflammation Score:-2, Nutrition Score:4.7721739048543%

Flavonoids

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg

Nutrients (% of daily need)

Calories: 197.48kcal (9.87%), Fat: 5.45g (8.39%), Saturated Fat: 2.85g (17.81%), Carbohydrates: 30.83g (10.28%), Net Carbohydrates: 30.06g (10.93%), Sugar: 2.78g (3.09%), Cholesterol: 13.63mg (4.54%), Sodium: 203.98mg (8.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.49g (10.99%), Manganese: 0.38mg (18.82%), Vitamin B3: 2.42mg (12.08%), Selenium: 7.45µg (10.64%), Phosphorus: 74.96mg (7.5%), Vitamin B6: 0.15mg (7.41%), Vitamin B2: 0.12mg (7.31%), Copper: 0.14mg (7.09%), Potassium: 193.25mg (5.52%), Vitamin B1: 0.07mg (4.88%), Magnesium: 14.79mg (3.7%), Zinc: 0.54mg (3.62%), Vitamin B5: 0.34mg (3.44%), Folate: 12.43µg (3.11%), Iron: 0.55mg (3.07%), Fiber: 0.77g (3.07%), Vitamin A: 121.21IU (2.42%), Vitamin C: 1.73mg (2.09%), Calcium: 18.41mg (1.84%), Vitamin E: 0.18mg (1.22%)