

Saffron Rice



Gluten Free



Dairy Free

READY IN



23 min.

SERVINGS



4

CALORIES



209 kcal

SIDE DISH

Ingredients

- ☐ 3 garlic cloves minced
- ☐ 14 ounce lower-sodium chicken broth fat-free canned
- ☐ 1 tablespoon olive oil
- ☐ 0.3 teaspoon saffron threads crushed
- ☐ 0.1 teaspoon salt
- ☐ 1 cup rice long-grain white uncooked

Equipment

- ☐ sauce pan

Directions

- ☐ Heat oil in a medium saucepan over medium-high heat.
- ☐ Add garlic; saut 30 seconds or until fragrant.
- ☐ Add rice; saut 1 minute. Stir in saffron, salt, and broth; bring to a boil. Cover, reduce heat, and simmer 15 minutes or until liquid is absorbed.
- ☐ Remove from heat; fluff with a fork.
- ☐ Sprinkle with cilantro, if desired.

Nutrition Facts



Properties

Glycemic Index:40.3, Glycemic Load:22.47, Inflammation Score:-1, Nutrition Score:4.1173912779145%

Flavonoids

Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 209.33kcal (10.47%), Fat: 3.82g (5.87%), Saturated Fat: 0.57g (3.55%), Carbohydrates: 37.73g (12.58%), Net Carbohydrates: 37.08g (13.48%), Sugar: 0.08g (0.09%), Cholesterol: 0mg (0%), Sodium: 257.35mg (11.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.1g (10.2%), Manganese: 0.54mg (27.14%), Selenium: 7.3µg (10.43%), Potassium: 260.81mg (7.45%), Phosphorus: 56.65mg (5.66%), Copper: 0.11mg (5.43%), Vitamin B6: 0.1mg (5.19%), Vitamin B5: 0.48mg (4.82%), Vitamin B3: 0.76mg (3.78%), Vitamin E: 0.56mg (3.71%), Zinc: 0.53mg (3.54%), Magnesium: 12.14mg (3.04%), Fiber: 0.65g (2.59%), Vitamin B1: 0.04mg (2.46%), Iron: 0.43mg (2.38%), Vitamin K: 2.19µg (2.09%), Calcium: 17.11mg (1.71%), Vitamin B2: 0.03mg (1.48%)