



WHATSheATE

Saffron Rice Pilaf



Vegetarian



Gluten Free

READY IN



50 min.

SERVINGS



5

CALORIES



457 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 teaspoon saffron threads
- ☐ 2 tablespoons ghee (see Recipe Note)
- ☐ 4 cardamom pods
- ☐ 1 small cinnamon sticks (2-inch)
- ☐ 4 cloves whole
- ☐ 10 peppercorns black
- ☐ 2.5 cups rice long grain white
- ☐ 2 teaspoons kosher salt

- ☐ 1.5 teaspoons orange zest packed
- ☐ 2 tablespoons pistachios
- ☐ 2 tablespoons blanched slivered sliced
- ☐ 2 tablespoons golden raisins

Equipment

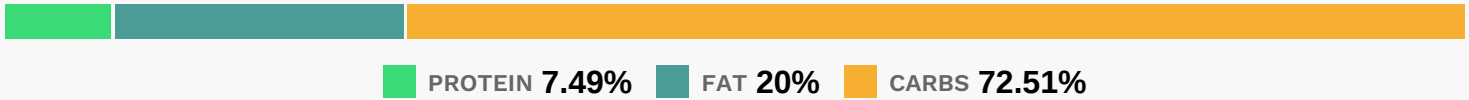
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Heat a large kettle of water (a little more than a quart) to boiling.
- ☐ Place saffron in a small bowl, cover with 2 tablespoons of the hot water, set aside.
- ☐ Heat 2 tablespoons of ghee or clarified butter in a 2 quart, thick-bottomed saucepan on medium-high heat until hot.
- ☐ Add the cardamom pods, cinnamon stick, cloves, and peppercorns to the pan. Gently fry the spices for 2 minutes.
- ☐ Add rice, and fry for 3 more minutes, stirring after a minute or two. Some of the rice should brown at the bottom of the pan.
- ☐ Remove the pan from heat.
- ☐ Add four cups of the hot water you prepared in step one to the pan, taking care to add slowly as it may bubble up and splatter.
- ☐ Add two teaspoons of salt.
- ☐ Add the saffron threads and their soaking liquid.
- ☐ Add the orange zest.
- ☐ Stir, bring quickly to a boil, reduce the heat to the lowest setting. Cover tightly and cook for 20 minutes.
- ☐ Toast pistachios and almonds: While the rice is cooking, in a small frying pan, heat on medium high heat and add the pistachios and slivered almonds. Toast until lightly browned, about 3 or 4 minutes, remove from pan into a bowl.

- ☐
- Remove spices, add raisins: After 20 minutes, remove the lid from the rice, pick out the spices that have floated to the top of the rice – the cinnamon stick, any whole cardamom pods, black peppercorns or cloves.
- ☐
- Scatter golden raisins over the top of the rice. Replace the lid and cook for 5 more minutes.
- ☐
- Stir in the toasted almonds and pistachios and serve.

Nutrition Facts



Properties

Glycemic Index:51.57, Glycemic Load:47.28, Inflammation Score:-2, Nutrition Score:11.149130510247%

Flavonoids

Cyanidin: 0.32mg, Cyanidin: 0.32mg, Cyanidin: 0.32mg, Cyanidin: 0.32mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 456.58kcal (22.83%), Fat: 10.11g (15.55%), Saturated Fat: 4.23g (26.44%), Carbohydrates: 82.46g (27.49%), Net Carbohydrates: 79.22g (28.81%), Sugar: 4.09g (4.54%), Cholesterol: 15.36mg (5.12%), Sodium: 936.6mg (40.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.51g (17.02%), Manganese: 1.85mg (92.47%), Selenium: 14.44µg (20.62%), Copper: 0.32mg (15.93%), Phosphorus: 151.14mg (15.11%), Fiber: 3.24g (12.96%), Vitamin B6: 0.23mg (11.74%), Magnesium: 44.68mg (11.17%), Vitamin B5: 0.99mg (9.9%), Zinc: 1.36mg (9.07%), Vitamin B3: 1.77mg (8.85%), Vitamin E: 1.24mg (8.24%), Iron: 1.45mg (8.04%), Vitamin B1: 0.1mg (6.94%), Potassium: 238.05mg (6.8%), Vitamin B2: 0.11mg (6.57%), Calcium: 59.58mg (5.96%), Folate: 11.18µg (2.79%), Vitamin C: 1.55mg (1.88%), Vitamin K: 1.08µg (1.02%)