



Saffron Rice Pilaf



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



204 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients



6 cups chicken stock see low-sodium canned



1 cinnamon sticks



1 tablespoon olive oil extra-virgin



1 large onion chopped



12 servings pepper freshly ground



3 cups rice long-grain



0.5 teaspoon saffron threads loosely packed



1 teaspoon salt

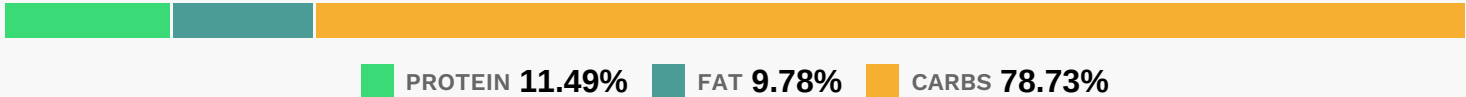
Equipment

☐ oven

Directions

- ☐ Preheat the oven to 37
- ☐ In a large enameled cast-iron casserole, heat the olive oil.
- ☐ Add the onion, cinnamon and saffron and cook over moderate heat, stirring, until the onion is softened but not browned, about 5 minutes.
- ☐ Add the rice and stir for 1 minute to coat the rice with the oil.
- ☐ Add the chicken stock, salt and a pinch of pepper and bring to a boil over high heat. Simmer for 2 minutes, stirring occasionally. Cover, transfer to the oven and bake for 15 minutes.
- ☐ Remove the casserole from the oven and let stand, covered, for up to 30 minutes. Fluff the rice with a fork before serving.
- ☐ Notes: ONE SERVING: Calories 221 kcal, Total Fat 6 gm, Saturated Fat 1 gm

Nutrition Facts



Properties

Glycemic Index:16.27, Glycemic Load:22.53, Inflammation Score:-1, Nutrition Score:5.0213043650045%

Flavonoids

Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.54mg, Quercetin: 2.54mg, Quercetin: 2.54mg, Quercetin: 2.54mg

Nutrients (% of daily need)

Calories: 203.99kcal (10.2%), Fat: 2.2g (3.38%), Saturated Fat: 0.46g (2.89%), Carbohydrates: 39.86g (13.29%), Net Carbohydrates: 38.87g (14.13%), Sugar: 0.75g (0.83%), Cholesterol: 0mg (0%), Sodium: 232.08mg (10.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.82g (11.64%), Manganese: 0.58mg (29.24%), Vitamin B3: 2.38mg (11.88%), Selenium: 7.06µg (10.09%), Phosphorus: 92.57mg (9.26%), Copper: 0.17mg (8.46%), Vitamin B6: 0.1mg (5.17%), Potassium: 175.63mg (5.02%), Vitamin B5: 0.49mg (4.87%), Zinc: 0.65mg (4.34%), Fiber: 0.99g (3.98%), Iron: 0.69mg (3.81%), Vitamin B2: 0.06mg (3.63%), Magnesium: 14.35mg (3.59%), Vitamin B1: 0.04mg

(2.55%), Calcium: 24.05mg (2.4%), Vitamin B12: 0.12µg (1.97%), Folate: 6.11µg (1.53%), Vitamin E: 0.23mg (1.53%),
Vitamin C: 0.94mg (1.14%)