



Saffron Rice with Cashews and Raisins

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



377 kcal

SIDE DISH

Ingredients

- ☐ 1.5 cups rice
- ☐ 2 bay leaves
- ☐ 2 tablespoons butter softened
- ☐ 0.3 cup cashew pieces chopped
- ☐ 1 cinnamon sticks
- ☐ 0.3 cup raisins
- ☐ 0.3 teaspoon saffron threads crumbled
- ☐ 1 teaspoon salt

☐ 2.3 cups water

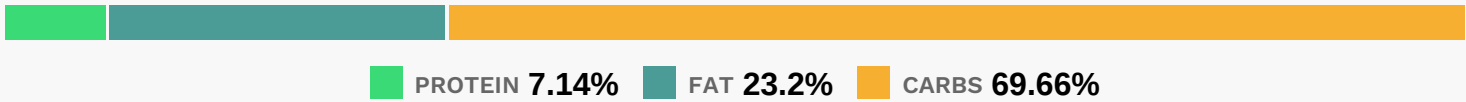
Equipment

☐ sauce pan

Directions

- ☐ Rinse the rice until the water runs clear.
- ☐ Put the rice in a medium saucepan with the water, cinnamon stick, cloves, bay leaves, saffron, and salt. Bring to a boil, reduce the heat to low, and cook, covered, for 15 minutes.
- ☐ Remove from the heat and let sit, without removing the lid, for 10 minutes. With a fork, gently stir in the butter, cashews, and raisins.

Nutrition Facts



Properties

Glycemic Index:67.55, Glycemic Load:37.77, Inflammation Score:-3, Nutrition Score:8.503043577075%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg

Nutrients (% of daily need)

Calories: 377.16kcal (18.86%), Fat: 9.73g (14.98%), Saturated Fat: 4.37g (27.32%), Carbohydrates: 65.76g (21.92%), Net Carbohydrates: 63.5g (23.09%), Sugar: 0.58g (0.65%), Cholesterol: 15.05mg (5.02%), Sodium: 640.12mg (27.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.74g (13.49%), Manganese: 1.07mg (53.63%), Copper: 0.38mg (19.1%), Selenium: 12.23µg (17.48%), Phosphorus: 136.7mg (13.67%), Magnesium: 45.69mg (11.42%), Fiber: 2.26g (9.05%), Zinc: 1.28mg (8.52%), Vitamin B6: 0.17mg (8.35%), Iron: 1.43mg (7.94%), Vitamin B5: 0.79mg (7.88%), Vitamin B3: 1.31mg (6.56%), Vitamin B1: 0.09mg (6.22%), Potassium: 213.7mg (6.11%), Calcium: 40.17mg (4.02%), Vitamin A: 180.64IU (3.61%), Vitamin B2: 0.06mg (3.42%), Vitamin K: 3.58µg (3.41%), Vitamin E: 0.33mg (2.21%), Folate: 8.2µg (2.05%)