



Seafood Biryani

 Gluten Free

READY IN



55 min.

SERVINGS



4

CALORIES



557 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup rice
- 0.5 pound fish fillet white firm cut into pieces
- 4 teaspoons ginger fresh minced
- 4 garlic cloves minced
- 0.5 cup golden raisins
- 0.3 teaspoon ground cinnamon
- 1.5 teaspoons ground cumin
- 0.1 teaspoon ground pepper red

- 2 onions chopped
- 3 plum tomatoes seeded chopped
- 0.5 pound shrimp raw deveined peeled
- 0.5 cup roasted salted
- 0.1 teaspoon saffron threads crushed
- 1 teaspoon salt divided
- 4 tablespoons butter unsalted divided

Equipment

- bowl
- frying pan
- dutch oven

Directions

- Melt 2 tablespoons butter in a Dutch oven over medium-high heat.
- Sprinkle shrimp and fish with 1/4 teaspoon salt.
- Add half of seafood to pan and cook, turning once, 3 to 4 minutes or until browned. Repeat with remaining seafood.
- Transfer to a bowl; cover and keep warm. Set aside.
- Add remaining 2 tablespoons butter to Dutch oven over medium-high heat.
- Add onions; cook 7 to 8 minutes or until golden brown, scraping to remove browned bits from bottom of pan. Stir in cumin and next 3 ingredients; cook, stirring constantly, 15 seconds or until fragrant. Stir in tomatoes and next 3 ingredients, and cook 1 minute. Stir in rice and cloves, and cook, stirring constantly, 1 minute.
- Stir in 2 cups water and remaining 3/4 teaspoon salt. Bring to a boil, reduce heat to medium-low, and simmer 17 to 18 minutes or until liquid is absorbed. Stir in reserved seafood until heated through.
- Sprinkle with cashews.

Nutrition Facts



■ PROTEIN 19.12% ■ FAT 34.2% ■ CARBS 46.68%

Properties

Glycemic Index:84.96, Glycemic Load:31.97, Inflammation Score:-8, Nutrition Score:21.815652349721%

Flavonoids

Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.9mg, Kaempferol: 0.9mg, Kaempferol: 0.9mg, Kaempferol: 0.9mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 11.92mg, Quercetin: 11.92mg, Quercetin: 11.92mg, Quercetin: 11.92mg

Nutrients (% of daily need)

Calories: 556.68kcal (27.83%), Fat: 21.58g (33.19%), Saturated Fat: 9.32g (58.28%), Carbohydrates: 66.28g (22.09%), Net Carbohydrates: 62.68g (22.79%), Sugar: 15.3g (16.99%), Cholesterol: 129.89mg (43.3%), Sodium: 1053.99mg (45.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.14g (54.29%), Selenium: 50.5µg (72.15%), Manganese: 0.97mg (48.38%), Phosphorus: 432.43mg (43.24%), Copper: 0.77mg (38.28%), Magnesium: 105.66mg (26.41%), Vitamin B12: 1.55µg (25.82%), Vitamin B6: 0.51mg (25.52%), Vitamin B3: 4.83mg (24.16%), Potassium: 750.03mg (21.43%), Vitamin A: 876.55IU (17.53%), Zinc: 2.53mg (16.84%), Iron: 2.98mg (16.58%), Vitamin C: 12.17mg (14.75%), Folate: 58.75µg (14.69%), Fiber: 3.6g (14.39%), Vitamin D: 2.02µg (13.5%), Vitamin B5: 1.3mg (13.01%), Vitamin E: 1.85mg (12.31%), Vitamin K: 12.64µg (12.04%), Vitamin B1: 0.16mg (10.49%), Calcium: 101.65mg (10.17%), Vitamin B2: 0.17mg (10.07%)