



Shireen Palow (Afghan Orange Rice with Chicken)

 **Gluten Free**

READY IN



45 min.

SERVINGS



6

CALORIES



502 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 cups rice uncooked
- 0.3 teaspoon pepper black freshly ground
- 2 tablespoons butter divided
- 2 chicken breast halves cut in half (1 pound)
- 1 pound strips.
- 2.3 cups fat-skimmed beef broth fat-free
- 1 garlic clove minced

- 2 cups onion vertically sliced
- 2 teaspoons orange zest grated
- 6 tablespoons pistachios chopped
- 2 tablespoons raisins
- 0.3 teaspoon saffron threads crushed
- 0.8 teaspoon salt divided
- 1 tablespoon sugar

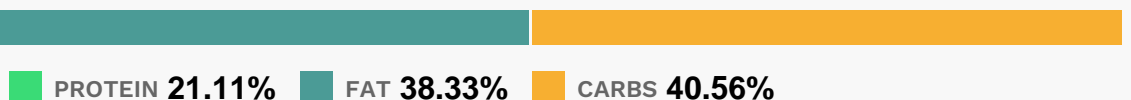
Equipment

- frying pan
- dutch oven

Directions

- Sprinkle chicken with 1/2 teaspoon salt and pepper. Melt 1 tablespoon butter in a Dutch oven over medium-high heat.
- Add chicken, and cook 5 minutes, browning on all sides.
- Remove chicken from pan; cover and keep warm.
- Melt 1 tablespoon butter in Dutch oven over medium heat.
- Add onion; cook 10 minutes or until golden brown, stirring occasionally.
- Add saffron and garlic, and cook 1 minute, stirring constantly. Stir in sugar and rind; cook 1 minute, stirring constantly.
- Add 1/4 teaspoon salt, broth, rice, and raisins; bring to a boil.
- Add chicken, nestling into rice mixture. Cover, reduce heat, and simmer 25 minutes or until rice is tender.
- Let stand 5 minutes.
- Sprinkle with pistachios.

Nutrition Facts



Properties

Glycemic Index:69.51, Glycemic Load:27.15, Inflammation Score:-5, Nutrition Score:16.213912953501%

Flavonoids

Cyanidin: 0.55mg, Cyanidin: 0.55mg, Cyanidin: 0.55mg, Cyanidin: 0.55mg Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg 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: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 10.94mg, Quercetin: 10.94mg, Quercetin: 10.94mg, Quercetin: 10.94mg

Nutrients (% of daily need)

Calories: 501.78kcal (25.09%), Fat: 21.26g (32.72%), Saturated Fat: 6.53g (40.82%), Carbohydrates: 50.64g (16.88%), Net Carbohydrates: 47.91g (17.42%), Sugar: 5.02g (5.58%), Cholesterol: 108.23mg (36.08%), Sodium: 776.83mg (33.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.35g (52.71%), Selenium: 36.01µg (51.44%), Vitamin B3: 8.88mg (44.41%), Vitamin B6: 0.84mg (41.89%), Manganese: 0.72mg (36.17%), Phosphorus: 319.23mg (31.92%), Vitamin B5: 2mg (19.95%), Potassium: 574.88mg (16.43%), Copper: 0.3mg (15.18%), Vitamin B1: 0.22mg (14.39%), Magnesium: 53.01mg (13.25%), Zinc: 1.96mg (13.09%), Vitamin B2: 0.22mg (12.75%), Vitamin B12: 0.74µg (12.29%), Fiber: 2.72g (10.89%), Iron: 1.7mg (9.43%), Vitamin C: 6.15mg (7.46%), Folate: 22.81µg (5.7%), Calcium: 49.5mg (4.95%), Vitamin A: 222.4IU (4.45%), Vitamin E: 0.58mg (3.84%), Vitamin K: 2.39µg (2.28%)