



Shrimp Biryani

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



477 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups rice
- ☐ 6 cardamom pods whole crushed
- ☐ 0.5 teaspoon chili powder
- ☐ 1 cinnamon sticks (2 in.)
- ☐ 1 teaspoon cumin seeds
- ☐ 4 bay leaves dried
- ☐ 1 tablespoon garlic minced
- ☐ 0.7 cup juice of lemon

- ☐ 2 onions peeled chopped (1 lb. total)
- ☐ 6 servings raita
- ☐ 0.5 cup cashew pieces raw chopped
- ☐ 0.5 teaspoon saffron threads toasted
- ☐ 0.5 teaspoon salt
- ☐ 1.5 pounds shrimp deveined rinsed peeled per lb.),
- ☐ 1 cup whole-milk yogurt plain
- ☐ 2 tablespoons vegetable oil

Equipment

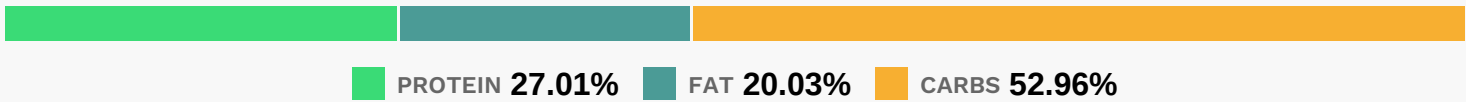
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Pour 1 tablespoon oil into a 10- to 12-inch pan over medium heat.
- ☐ Add cashews, cardamom, bay leaves, cinnamon stick, and cumin seeds; stir until fragrant, about 2 minutes.
- ☐ Pour into a bowl.
- ☐ In pan, heat remaining tablespoon oil over medium-high heat.
- ☐ Add onions and garlic; stir until limp, 5 to 8 minutes.
- ☐ Stir in shrimp, chili powder, turmeric, pepper, 1/2 teaspoon salt, and nut-spice mixture. Cook, stirring frequently, just until shrimp begin to turn pink, 2 to 3 minutes. Reduce heat to medium; stir in yogurt. Cook, stirring often, until most liquid has evaporated, about 15 minutes.
- ☐ Remove bay leaves and cinnamon stick.
- ☐ Meanwhile, in a 5- to 6-quart pan over high heat, bring 2 1/2 quarts water to a boil.
- ☐ Add rice; boil uncovered until almost tender, 7 to 8 minutes.

- ☐
- Drain and pour into a bowl. Stir in the lemon juice and salt to taste.
- ☐
- In a buttered 3 1/2-quart baking dish, spread about 1/3 of rice mixture level. Top with 1/2 shrimp mixture, spreading level. Repeat layers, ending with rice.
- ☐
- Sprinkle evenly with saffron threads. Cover tightly with foil.
- ☐
- Bake biryani in a 350 oven until center is hot and rice is tender to bite, 20 to 25 minutes.
- ☐
- Serve immediately, with raita.

Nutrition Facts



Properties

Glycemic Index:41.23, Glycemic Load:31.35, Inflammation Score:-5, Nutrition Score:17.419130247977%

Flavonoids

Eriodictyol: 1.32mg, Eriodictyol: 1.32mg, Eriodictyol: 1.32mg, Eriodictyol: 1.32mg Hesperetin: 3.92mg, Hesperetin: 3.92mg, Hesperetin: 3.92mg, Hesperetin: 3.92mg Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 7.57mg, Quercetin: 7.57mg, Quercetin: 7.57mg, Quercetin: 7.57mg

Nutrients (% of daily need)

Calories: 476.7kcal (23.84%), Fat: 10.69g (16.45%), Saturated Fat: 1.88g (11.72%), Carbohydrates: 63.59g (21.2%), Net Carbohydrates: 60.72g (22.08%), Sugar: 6.18g (6.86%), Cholesterol: 183.52mg (61.17%), Sodium: 370.71mg (16.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.43g (64.86%), Manganese: 1.65mg (82.27%), Phosphorus: 463.43mg (46.34%), Copper: 0.86mg (42.93%), Magnesium: 106.51mg (26.63%), Zinc: 3.49mg (23.28%), Calcium: 206.6mg (20.66%), Selenium: 13.41µg (19.16%), Potassium: 668.36mg (19.1%), Vitamin C: 14.55mg (17.64%), Iron: 2.57mg (14.28%), Vitamin B6: 0.25mg (12.63%), Vitamin K: 12.69µg (12.09%), Fiber: 2.87g (11.48%), Vitamin B5: 1.08mg (10.76%), Vitamin B1: 0.14mg (9.41%), Vitamin B2: 0.16mg (9.16%), Vitamin B3: 1.29mg (6.47%), Folate: 25.26µg (6.32%), Vitamin E: 0.67mg (4.49%), Vitamin B12: 0.25µg (4.21%), Vitamin A: 65.87IU (1.32%)