



The Best Biryani

 Gluten Free

READY IN



90 min.

SERVINGS



20

CALORIES



484 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 9 cups rice
- 2 bay leaves
- 4 cardamom black
- 10 peppercorns black
- 29 ounce tomatoes diced canned
- 4 tablespoons canola oil
- 1 teaspoon chili powder
- 1 cinnamon sticks

- 2 teaspoons ground coriander
- 1 teaspoon ground cumin
- 2 teaspoons curry powder
- 10 prune- cut to pieces dried
- 2 tablespoons cilantro leaves fresh
- 2 teaspoons garam masala
- 2 teaspoons ginger/garlic paste
- 2 teaspoons ginger paste
- 8 cardamom pods green
- 4 to 2 chilies slit fresh green
- 5 lbs chicken
- 3 medium onion
- 1 pinch saffron threads
- 4 teaspoons salt
- 15 cups water
- 0.3 cup yogurt

Equipment

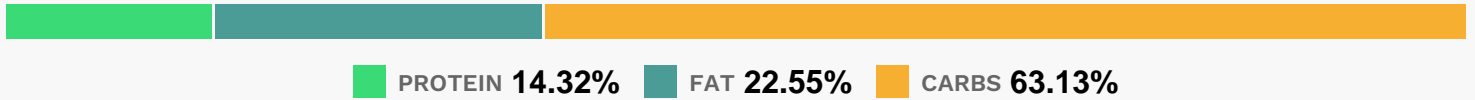
- oven
- rice cooker

Directions

- Soak rice for half an hour. Cook in rice cooker with 15 cups of water. Cook rice until almost done. Fry onions in oil until golden brown.
- Add ginger and garlic.
- Add chili powder, cloves, cardamom, pepper corn, cumin, curry, graham masala, coriander, cinnamon stick, bay leaves, dried plums, and salt.
- Add yogurt.
- Add tomatoes and cook until dry.

- Add meat.
- Add green chiles.Cook until meat is done and add water if needed.
- Add cilantro.
- Mix saffron with hot water.
- Layer rice and meat mixture and sprinkle with saffron mixture.Put in oven at 350F for 20 minutes.

Nutrition Facts



Properties

Glycemic Index:16.26, Glycemic Load:41.34, Inflammation Score:-4, Nutrition Score:13.730869624926%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg 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: 0.83mg, Isorhamnetin: 0.83mg, Isorhamnetin: 0.83mg, Isorhamnetin: 0.83mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.67mg, Quercetin: 3.67mg, Quercetin: 3.67mg, Quercetin: 3.67mg

Nutrients (% of daily need)

Calories: 483.65kcal (24.18%), Fat: 11.95g (18.38%), Saturated Fat: 2.81g (17.53%), Carbohydrates: 75.26g (25.09%), Net Carbohydrates: 72.15g (26.23%), Sugar: 4.15g (4.61%), Cholesterol: 41.22mg (13.74%), Sodium: 609.79mg (26.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.07g (34.14%), Manganese: 1.39mg (69.29%), Selenium: 20.81µg (29.73%), Vitamin B3: 5.49mg (27.45%), Vitamin B6: 0.42mg (20.91%), Phosphorus: 200.15mg (20.01%), Copper: 0.3mg (15%), Vitamin B5: 1.45mg (14.47%), Zinc: 1.89mg (12.61%), Fiber: 3.11g (12.46%), Magnesium: 46.85mg (11.71%), Iron: 2.02mg (11.21%), Potassium: 367.94mg (10.51%), Vitamin C: 7.55mg (9.15%), Vitamin B2: 0.15mg (8.96%), Vitamin B1: 0.13mg (8.39%), Vitamin E: 1.14mg (7.62%), Vitamin K: 7.72µg (7.35%), Calcium: 68.53mg (6.85%), Folate: 17.19µg (4.3%), Vitamin A: 203.77IU (4.08%), Vitamin B12: 0.18µg (3%)