

Vegetable Biryani

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



288 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup rice
- 1 tablespoon butter
- 4 servings chili powder to taste
- 0.5 teaspoon cumin seeds
- 1 cup vegetables mixed frozen
- 2 tablespoons garam masala
- 1 onion chopped
- 1.5 teaspoons salt to taste

1.3 tablespoons vegetable oil

3 cups water

Equipment

sauce pan

Directions

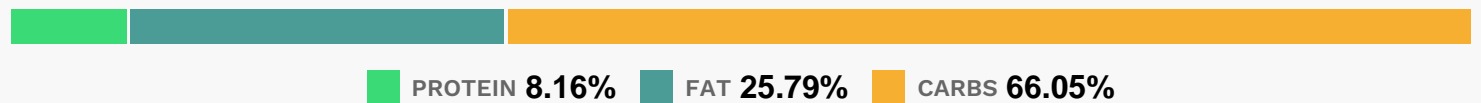
Rinse and soak rice for 30 minutes; drain.

Heat oil in a large saucepan over medium heat.

Saute cumin seeds and cloves for less than 1 minute.

Saute the onion, stirring constantly, until brown. Stir in rice and fry for about 1 minute, stirring. Stir in the water, salt, garam masala, chili powder and vegetables. Bring to a boil, then reduce heat, cover and simmer for 20 minutes, or until all water is absorbed. Fluff with a fork and stir in butter before serving.

Nutrition Facts



Properties

Glycemic Index:47.05, Glycemic Load:24.77, Inflammation Score:-9, Nutrition Score:10.557391212362%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg

Nutrients (% of daily need)

Calories: 287.77kcal (14.39%), Fat: 8.3g (12.77%), Saturated Fat: 2.64g (16.5%), Carbohydrates: 47.83g (15.94%), Net Carbohydrates: 43.77g (15.91%), Sugar: 1.37g (1.53%), Cholesterol: 7.53mg (2.51%), Sodium: 963.1mg (41.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.91g (11.82%), Vitamin A: 2994.68IU (59.89%), Manganese: 0.69mg (34.71%), Fiber: 4.06g (16.24%), Selenium: 7.76µg (11.09%), Copper: 0.21mg (10.3%), Vitamin K: 10.34µg (9.85%), Vitamin B6: 0.2mg (9.78%), Phosphorus: 96.1mg (9.61%), Vitamin E: 1.26mg (8.38%), Vitamin C: 6.8mg (8.24%), Vitamin B3: 1.59mg (7.93%), Magnesium: 30.99mg (7.75%), Iron: 1.38mg (7.67%), Vitamin B1: 0.11mg (7.15%), Potassium: 234.29mg (6.69%), Vitamin B5: 0.6mg (5.99%), Zinc: 0.88mg (5.85%), Folate: 22.81µg (5.7%), Vitamin

B2: 0.09mg (5.27%), Calcium: 46.28mg (4.63%)