



HEALTH SCORE

58%

Vegetable Rice Biryani



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



708 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups basmati red (, jasmine etc...)
- ☐ 0.3 cup roasted peanuts chopped for nut-free (omit)
- ☐ 2 cups cauliflower florets frozen
- ☐ 0.3 cup coconut milk
- ☐ 1 inch ginger
- ☐ 1 tablespoon lemongrass powder
- ☐ 0.3 cup olive oil
- ☐ 1 large onion

- ☐ 2 cups peas frozen
- ☐ 0.5 cup raisins
- ☐ 4 servings salt to taste
- ☐ 4 scallions very thin sliced
- ☐ 1 tablespoon turmeric
- ☐ 4 cups water

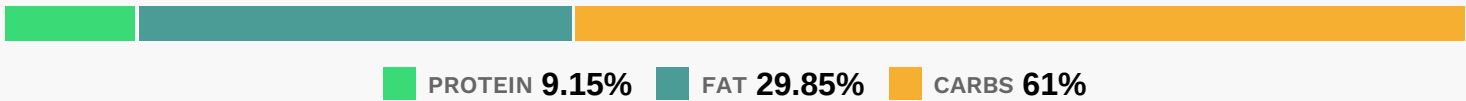
Equipment

- ☐ food processor
- ☐ frying pan

Directions

- ☐ Heat the oil in a large skillet.In a food processor, coarsely grind the onion and ginger, and add to the skillet, with the lemongrass and turmeric, and sauté just 1 –2 minutes, until just fragrant.
- ☐ Add the rice, water, coconut milk and salt, and bring to a boil.Reduce to medium and cook covered 15 minutes.
- ☐ Add all but last 2 ingredients and cook 5 more minutes.Just before servings, stir in the nuts and scallions.
- ☐ Serve hot.

Nutrition Facts



Properties

Glycemic Index:93.08, Glycemic Load:56.84, Inflammation Score:-10, Nutrition Score:27.069130524345%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg

0.01mg Quercetin: 9.16mg, Quercetin: 9.16mg, Quercetin: 9.16mg, Quercetin: 9.16mg

Nutrients (% of daily need)

Calories: 707.78kcal (35.39%), Fat: 23.87g (36.72%), Saturated Fat: 5.85g (36.55%), Carbohydrates: 109.77g (36.59%), Net Carbohydrates: 99.76g (36.28%), Sugar: 7.13g (7.92%), Cholesterol: 0mg (0%), Sodium: 293.12mg (12.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.46g (32.92%), Manganese: 2.1mg (104.95%), Vitamin C: 59.82mg (72.51%), Vitamin K: 59.18µg (56.36%), Fiber: 10g (40.02%), Phosphorus: 302.78mg (30.28%), Copper: 0.6mg (29.88%), Folate: 117.49µg (29.37%), Vitamin B3: 5.58mg (27.9%), Vitamin B6: 0.52mg (26.15%), Magnesium: 100.33mg (25.08%), Vitamin B1: 0.37mg (24.82%), Potassium: 856.33mg (24.47%), Iron: 4.4mg (24.44%), Selenium: 16.95µg (24.22%), Zinc: 2.64mg (17.61%), Vitamin B5: 1.61mg (16.05%), Vitamin E: 2.31mg (15.42%), Vitamin B2: 0.24mg (14.14%), Vitamin A: 675.09IU (13.5%), Calcium: 103.72mg (10.37%)