



Health benefits of Hyderabadi biryani: Nutrition facts and advantages

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Abstract

World-famous Hyderabadi biryani is a rich and classic preparation from rice, vegetables, egg, meat and fish, along with different spices. Being a complete meal in itself it has high nutritional values and health benefits. The origin of biryani possesses its roots in Iran and later moved to Indian subcontinent, especially among the Muslim Indians by Iranian explorers. Now a day's this classic signature dish of India is widely served and is being popular worldwide. All over India, people prefer it as a one-pot dish in their regular food menu. Discussing the health benefits of biryani, it can be observed that both veg biryani and non-veg biryani has its own nutritive values. Biryani is an exceptionally versatile dish and can always be made healthier by increasing the quantity of vegetables and curbing excess spices and oil. Focusing on the health benefits of biryani, white basmati rice used in this recipe is a gluten-free carbohydrate that is easy to digest and is suitable for people with digestive disorders and celiac diseases. Biryani is an exceptionally versatile dish and can always be made healthier by increasing the vegetables and curbing spices and oil. This article describes about the health benefits that come from different types of biryani.

Keywords: Hyderabadi biryani; Nutrition facts; Calorie content; Benefits of biryani

INTRODUCTION

One of the leading Indian cities Hyderabad is the most popular place for the world-famous biryani. Biryani is a rich and lavish preparation of rice, meat or fish and vegetables. It is a conventional Indian sustenance that contains loads of ghee and oil, alongside fragrant flavours, meat and vegetables, which smells and tastes truly royal. All over India, people prefer it as a popular dish of their regular food menu. A complete meal in itself, biryani has more than 60 varieties for various occasions. Hyderabadi Biryani plays an important role in Indian traditional food and can be presumed as a mouth-watering preparation among different cuisines (www.nutritionix.com). It is believed that biryani was all started from Iran and it was conveyed to the Indian subcontinent by Iranian explorers and dealers. Biryani isn't just prominent in India yet in addition in Arabia and inside different South Asian people group in Western nations (Kannadasan, 2016).

Biryani is a very nutritive, delicious and convenient one-pot meal that can be served alone or just with some raita, curd or salad as it does not require any side dish or curry. So, in

a way it is a time-saving and tempting lunch/dinner option that is being loved by kids and adults too (timesofindia.indiatimes.com).

METHODOLOGY AND STRATEGY OF HYDERABADI BIRYANI

Hyderabadi biryani preparation

It's one dish that is truly near everybody's heart and the ideal meaning of soul nourishment (Karan, 2017). Here I have written my own words about the most effective method to make Mutton Biryani step by step, first we have to wash the rice and absorb water for 40-45 minutes. Tie entire flavors in a fabric piece to make a potli. Blend sheep with crude papaya glue, ginger glue, garlic glue, garam masala powder, red bean stew powder, turmeric powder, salt, vegetable oil, green stew and lemon squeeze and marinate for 4-5 hours. Include curd, mint, coriander and brilliant seared onion in the marinated sheep and blend well (www.thebetterindia.com). Heat water in a large pot. Include potli masala, salt and shahi zeera in the pot and heat the water

to the point of boiling. Channel the rice and include it in the bubbling water. Move the lamb alongside the marinade in a substantial base skillet. Once the rice gets 30% cooked, take out portion of the rice and top it over the lamb (www.saveur.com). When the rest of the rice is cooked to 70%, take it out and top it over the 30% cooked rice. Sprinkle 1/2 cup milk, saffron absorbed water, brilliant darker onion and ghee on top. I additionally prefer to sprinkle hacked coriander and mint some of the time (drhealthbenefits.com). Spread the skillet firmly with a cover. Spot the dish on moderate warmth for 50-55 minutes. Evacuate the cover and blend the biryani tenderly (Umami 1981; Taylor, 2014; Collingham, 2006; Dhillon, 2013).

DISCUSSION

There are around 60 assortments of biryanis made of rice, vegetables, spices and meat for instance chicken, mutton, prawn, fish and egg. The real flavour of biryani comes from the blend of fragrant basmati rice, saffron and whole spices (Figure 1).

The most renowned of all, Hyderabadi Biryani is also known as the "Kachi Akhni" biryani as both the marinated meat and the rice are cooked here together. Hyderabad Chicken Biryani is genuinely an exemplary valid dish and truly turns out well if the appropriate measure of flavours and the cooking of the rice to the correct consistency are done. Main ingredients are summarized in Table 1 for Hyderabadi biryani rice preparation:

Health benefits of Hyderabadi biryani

Here are some health benefits of biryani in general:

Biryani contains spices well-known as successful antioxidant to the internal organs. These spices include turmeric, cumin, black pepper, ginger, garlic, as well as saffron. Turmeric relaxes the digestive system and prevents bloating, whereas ginger releases gases, prevents nausea as well as absorbs

nutrients. Cumin or curcumin is having anti-bacterial, anti-inflammatory, anti-tumour as well as antiviral properties, which makes it an all-in-one cleansing spice. Black pepper helps in digestion, whereas ginger works as a natural antioxidant as well as to cure digestive problems. Saffron plays main role in increasing liver enzymes and thereby detoxifies the body. Cumin improves digestion by speeding the activity of digestive enzymes as well as releasing bile from the liver. Bile is utilized to process fat as well as for excretion. These spices contain anti-cancer substances in them. Presence of onions, ginger, garlic, as well as different spices makes it a very much appetizing. In the meantime, onions and garlic shields the body against cancer through presence of adequate amounts of allicin, sulfuric compounds, manganese, vitamins B6 and C, copper and selenium. These spices combine to produce glutathione, also known as a liver antioxidant which also has the capacity to detoxify the internal organs and whole body. Meanwhile, ginger is known for killing cancerous cells, which works better than chemotherapy.

Benefits of vegetable biryani

Health benefits of vegetable biryani are:

Vegetable biryani contains low amount of saturated fat, cholesterol and sodium. So it is a healthy diet. It is a good source of dietary fibre and manganese too. It is prepared using various kinds of fresh vegetables like carrot; French beans, cauliflower, green peas, corn, mushrooms and potatoes. Therefore, it contains nutrients from all these sources (Collingham, 2006).

Benefits of chicken biryani

Here are the health benefits of chicken biryani:

Chicken is a good source of Niacin and Vitamin-B that fight against free radicals which causes cancer. Niacin acts as a detoxification substance, energy supplier, as well as



Figure 1: Different types of Hyderabadi biryani. (A) Vegetable biryani (B) Chicken biryani (C) Mutton biryani (D) Fish biryani and (E) Egg biryani.

Table 1. Main ingredients required for Hyderabadi biryani preparation.

Types of non-vegetable biryani	Types of vegetable biryani	Required ingredients
Chicken Mutton Fish Prawn Egg	Potato Carrot (<i>Daucus carota</i> subsp) Cauliflower (<i>Brassica oleracea</i>) Corn (<i>Zea mays</i>) Bengal Gram (<i>Cicer arietinum</i>) Mushroom	Fluffy rice, chilli powder, tumeric powder, Cinnamon, jeera and cumin powder, onion slices (<i>Allium cepa</i>), tomato (<i>Solanum lycopersicum</i>), green chillies (<i>Capsicum annum</i>), garlic paste, ginger paste, Peas (<i>Pisum sativum</i>), oil, salt, garam masala, green leaves, Coriander Leaf (<i>Coriandrum sativum</i>), Peppermint, etc.

guarding the body from serious health issues of cholesterol, cancer or even neurological problems such as depression, Alzheimer's disease, insomnia, memory loss, as well as schizophrenia. Chicken Biryani is rich in Vitamin-B6 which controls body's metabolic function. Chicken contains Selenium which guards immune system and also regulates thyroid hormone. Selenium also works as an anti-aging device as well as helps the immune system by reducing free radical damages. Non-Veg Biryani helps in strengthening bone. Chickens are a good source of Phosphorous which helps to keep teeth healthy, whitened and also free from bad breath. Chicken biryani is a good choice for post exercise part as then body needs to refuel the carbohydrates, proteins, fats, minerals and vitamins. Chicken biryani has almost all the main nutrients present in one serving. One serving of chicken biryani contains protein, carbohydrates as well as fats. Protein comes from chicken meat and cashew nut, carbohydrate comes from the rice and the fat from the oil used. Biryani also helps in smooth functioning of heart, kidney and liver. Chicken biryani assists weight reduction.

Benefits of mutton biryani

A study conducted by the Animal Husbandry Department experts revealed that the meat in biryani sourced from sheep and goat reared in Telangana is tastier and also low in fat than other parts. Health benefits of mutton biryani are:

Apart from being tastier mutton biryani has lots of healthy nutrients. Saturated fats present in mutton are less than total amount of unsaturated fats which improves blood cholesterol, stabilises heart rhythms, helps to control weight and reduces obesity problems. Mutton biryani is a rich source of complete protein i.e. protein along with all essential amino acids. The proteins also act as hunger suppressing agents which helps in managing weight. It reduces the risk of atherosclerosis and coronary heart disease. As Mutton is ruminant, the meat in biryani is believed to be containing conjugated linoleic acid (CLA), a fatty acid that prevents inflammatory conditions and cancer. Mutton biryani contains Vitamin B which assists burning fat. Mutton consists of selenium and choline, which prevents cancer. Mutton biryani is too much beneficial during pregnancy as mutton prevents anaemia for both mother and baby and said to be increasing blood haemoglobin levels in the mother and improving blood supply to baby as it contains high amount of iron (3 mg iron/100 g of goat meat). It also reduces the birth defects in babies such as neural tube defects, etc. Mutton helps to recover iron in women during

menstruation and offers relief from menstrual pain. Mutton is a rich source of Vitamin B12 which helps to get healthy and glowing skin and effective in beating depression and stress. Mutton biryani is rich in omega 3 fatty acid which is believed to be a successful treatment for autism. It has a low sodium and potassium which helps to control blood pressure and prevents stroke and kidney disease. Mutton biryani contains niacin which helps to promote energy metabolism. Mutton has rich source of calcium and helps in strengthening bone and teeth. Mutton enhances new cells production and it delays ageing. Mutton biryani helps to maintain healthy thyroid function and Rheumatoid arthritis.

Benefits of fish biryani

Health benefits of fish and shrimp biryani are:

Biryani made from oily fishes like Salmon, cod and halibut are high in Omega 3 fatty acids. Omegas 3's are a healthy fat that prevents a wide range of health issues, including cardiovascular disease, depression, asthma. Fish like Salmon, Perch, Cod, Halibut and Rainbow trout are rich in calcium. Shrimp biryani is a low-fat source of protein. One serving of shrimp biryani, having 15 to 16 large shrimp, or approximately 8 prawns, contains 101 calories per serving, over 19 grams of protein and only 1.4 grams of total fat. A serving also contains calcium, potassium and phosphorus and is a good source of vitamins A and E.

Benefits of egg biryani

Here are the health benefits of egg biryani:

Egg biryani is a very healthy and nutritious food. The yolk contains 1.33 gm of cholesterol per 100 gm's and is a rich source of vitamin A, B vitamins, calcium, phosphorous, lecithin and iron. Yolk has vital fat soluble vitamins A, E, D, K. Since eggs are filling and full of nutrition that boosts metabolism, they also aid in weight loss if consumed in moderation.

How many calories do different types of biryani contain

Calorie contents of different types of biryani have been summarized in Table 2 (www.nutritionix.com).

Few functional advantages of biryani

Biryani is a competent dish for post-practice, as after exercise our body needs to refuel the sugars, proteins, fats, minerals and vitamins. Non-veg Biryani is the suitable source of sugar

Table 2. Nutrition summary of different types of biryani.

Types of biryani (1 cup)	Calorie content	Calorie breakdown		
		Protein	Carbohydrate	Fat
Vegetable biryani	198 calories	8%	74%	18%
Chicken biryani	292 calories	27%	42%	29%
Mutton biryani	321 calories	23%	24%	52%
Fish biryani	296 calories	26%	42%	30%
Egg biryani	222 calories	12%	56%	32%

in view of rice content and which contains ample amount of protein in the form of chicken and lamb and the veg biryani is a decent choice for vitamins and minerals and is a sound practice to fuse a lot of veggies into a single meal meant for dinner (Taylor, 2014).

As Biryani is a traditional Indian food containing lots of ghee and oil, along with aromatic spices and vegetables, it is rich in vitamin A, iron and calcium. Calorie content in veg biryani is high due to the substantial amount of ghee used and deep frying of the different ingredients required for its preparation. Thus biryani helps in smooth functioning of kidney, liver and heart. Non-veg biryani so helps to strengthen bone. Biryani is rich in Vitamin-B6 which controls body's metabolic activity.

What are the impacts of eating biryani ordinarily

Despite the fact that taking biryani is beneficial for health yet it may not suitable for peptic ulcer or gastritis patients.

What are the general benefits from Hyderabad biryani

Hyderabad food centres like star hotels, Bawarchis, biryani sale counters are recruiting candidates for fulfilling chef position which helps in solving unemployment problems. Food delivery apps and delivery boys are working on well-known online food delivery apps to meet the online biryani customer challenges, which is very much appreciable.

CONCLUSION

Biryani is a unique dish in itself in the sense of prepared from healthy ingredients. Non-veg biryani is the good source of carbohydrate because of rice content and also rich in protein because of chicken, mutton, Fish and egg. Veg biryani is a good source of vitamins and minerals and is a healthy option to incorporate plenty of veggies into a single meal.

Recent Aspects about Hyderabad Biryani which has been playing main role in Wedding, celebrations, festivities of any sort, or much dismal occasions, if there's one Indian dish for social events of any number, it's the biryani. As indicated by the request investigation from nourishment conveyance stage, Swiggy, biryani was the most arranged sustenance thing in 2017. Most of the online Food Delivery apps like Uber Eats, Zomato, Swiggy etc., were receiving huge orders for biryani and it's reflecting famous of Hyderabad biryani restaurants.

Directly and indirectly in many ways it is helpful for local unemployed candidates who are not having any source of income to support their families.

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