



Persian Rice



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



321 kcal

SIDE DISH

Ingredients

- ☐ 2 cups rice
- ☐ 3 teaspoons kosher salt divided
- ☐ 1 pinch saffron threads
- ☐ 2 cups yogurt plain
- ☐ 3 tablespoons butter unsalted

Equipment

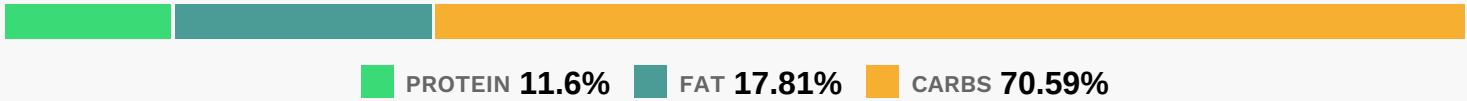
- ☐ bowl
- ☐ frying pan

- ☐ sauce pan
- ☐ wooden spoon
- ☐ aluminum foil
- ☐ oven mitt

Directions

- ☐ Place rice in a medium saucepan; add 2 teaspoonssalt and cold water to cover by 2". Bringto a boil over medium heat; reduce heat tolow and simmer for 5 minutes.
- ☐ Drain rice,reserving 3/4 cup cooking liquid.
- ☐ Place saffron and 1/2 cup reserved cookingliquid in a small bowl; let saffron soften for5 minutes.
- ☐ Place yogurt in a medium bowland stir in remaining 1 teaspoon salt and saffronwater.
- ☐ Add rice and stir to coat.
- ☐ Melt butter in a large deep nonstick skilletover medium heat; swirl to coat bottom andsides of pan.
- ☐ Add rice, mounding slightlyin center. Poke 6–7 holes in rice with the endof a wooden spoon. Cover with foil, thena lid. Cook, rotating skillet over burner foreven cooking, for 10 minutes (do not stir).Reduce heat to low; cook, adding morereserved cooking liquid by tablespoonfulsif rice has not finished cooking when waterevaporates, until a golden brown crustforms on bottom of rice, 20–25 minutes.
- ☐ Remove lid and foil; invert a plate overskillet. Using oven mitts, carefully invertrice onto plate; use a heatproof spatulato remove any crust remaining in skillet.

Nutrition Facts



Properties

Glycemic Index:21.86, Glycemic Load:29.68, Inflammation Score:-2, Nutrition Score:8.3521738363349%

Flavonoids

Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg

Nutrients (% of daily need)

Calories: 321.03kcal (16.05%), Fat: 6.23g (9.59%), Saturated Fat: 3.8g (23.76%), Carbohydrates: 55.58g (18.53%), Net Carbohydrates: 54.78g (19.92%), Sugar: 6.35g (7.06%), Cholesterol: 16.68mg (5.56%), Sodium: 1229.49mg (53.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.14g (18.27%), Manganese: 0.68mg (34.03%), Phosphorus: 200.83mg (20.08%), Calcium: 182.19mg (18.22%), Selenium: 12.33µg (17.61%), Vitamin B2: 0.22mg (13.16%), Vitamin B5: 1.16mg (11.56%), Zinc: 1.47mg (9.82%), Vitamin B12: 0.51µg (8.5%), Potassium: 281.23mg (8.04%), Magnesium: 31.13mg (7.78%), Copper: 0.15mg (7.5%), Vitamin B6: 0.14mg (7.24%), Vitamin B1: 0.08mg (5.52%), Vitamin B3: 1.09mg (5.45%), Folate: 14.95µg (3.74%), Vitamin A: 180.69IU (3.61%), Iron: 0.58mg (3.22%), Fiber: 0.8g (3.21%), Vitamin E: 0.23mg (1.53%)