



HEALTH SCORE

59%

Persian Rice-Stuffed Zucchini with Pistachios and Dill



Vegetarian



Gluten Free



Very Healthy

READY IN



56 min.

SERVINGS



6

CALORIES



695 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients



0.4 teaspoon pepper black divided



6 cardamom pods



1 stick cinnamon (3-inch)



0.3 cup apricot dried coarsely chopped



0.3 cup pistachios unsalted shelled chopped



0.3 cup optional: dill fresh chopped



0.3 cup parsley fresh chopped

- ☐ 0.3 cup goat cheese crumbled
- ☐ 0.5 teaspoon ground cumin
- ☐ 0.1 teaspoon ground pepper red
- ☐ 0.8 cup jasmine rice
- ☐ 1 teaspoon kosher salt divided
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 15 ounce natural butter extract rinsed drained canned
- ☐ 3 tablespoons olive oil divided
- ☐ 2 tablespoons orange juice fresh
- ☐ 0.5 teaspoon orange zest grated
- ☐ 1.3 cups water
- ☐ 36 ounces zucchini

Equipment

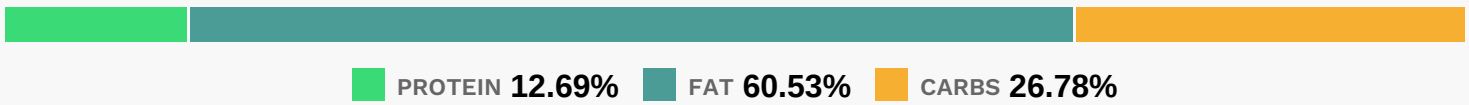
- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ broiler

Directions

- ☐ Preheat oven to 37
- ☐ Cut zucchini in half lengthwise; scoop out pulp, leaving a 1/4-inch-thick shell. Chop pulp.
- ☐ Place the zucchini halves, cut sides up, on a baking sheet lined with parchment paper; sprinkle with 1/4 teaspoon salt and 1/8 teaspoon black pepper.
- ☐ Bake at 375 for 15 minutes or until tender.
- ☐ Heat a medium saucepan over medium heat.

- ☐ Add 1 tablespoon oil; swirl to coat.
- ☐ Add rice, cardamom, and cinnamon; cook for 5 minutes or until the rice is opaque, stirring frequently.
- ☐ Add 1/4 teaspoon salt, cumin, red pepper, and 1 1/4 cups water. Bring to a boil; cover, reduce heat, and simmer 12 minutes.
- ☐ Remove from heat; stir in apricots. Cover and let stand 10 minutes; discard cardamom and cinnamon. Spoon rice mixture into a large bowl; cool slightly.
- ☐ Combine remaining 2 tablespoons olive oil, remaining 1/2 teaspoon salt, remaining 1/4 teaspoon black pepper, orange rind, and juices in a small bowl; stir with a whisk.
- ☐ Add dressing, reserved zucchini pulp, pistachios, and remaining ingredients to rice mixture; toss well to combine.
- ☐ Preheat broiler to high.
- ☐ Spoon about 1/4 cup rice mixture into each zucchini shell. Broil 6 minutes or until lightly browned.

Nutrition Facts



Properties

Glycemic Index:47.93, Glycemic Load:13.41, Inflammation Score:-9, Nutrition Score:30.416086852551%

Flavonoids

Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg Hesperetin: 1.4mg, Hesperetin: 1.4mg, Hesperetin: 1.4mg, Hesperetin: 1.4mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.85mg, Isorhamnetin: 0.85mg, Isorhamnetin: 0.85mg, Isorhamnetin: 0.85mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg Quercetin: 2.24mg, Quercetin: 2.24mg, Quercetin: 2.24mg, Quercetin: 2.24mg

Nutrients (% of daily need)

Calories: 694.78kcal (34.74%), Fat: 49.54g (76.22%), Saturated Fat: 10.24g (64.03%), Carbohydrates: 49.33g (16.44%), Net Carbohydrates: 41.45g (15.07%), Sugar: 16.84g (18.71%), Cholesterol: 4.35mg (1.45%), Sodium: 456.38mg (19.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.36g (46.72%), Manganese: 2.42mg (120.92%), Vitamin E: 8.23mg (54.85%), Vitamin B3: 10.88mg (54.39%), Vitamin K: 54.49µg (51.9%), Vitamin C:

41.2mg (49.93%), Magnesium: 176.35mg (44.09%), Phosphorus: 399.27mg (39.93%), Vitamin B6: 0.76mg (37.83%), Copper: 0.65mg (32.67%), Fiber: 7.87g (31.5%), Potassium: 1096.94mg (31.34%), Folate: 119.28µg (29.82%), Vitamin B2: 0.38mg (22.38%), Vitamin A: 1111.82IU (22.24%), Zinc: 3.08mg (20.51%), Iron: 3.49mg (19.4%), Vitamin B1: 0.27mg (17.96%), Vitamin B5: 1.51mg (15.09%), Calcium: 119.12mg (11.91%), Selenium: 7.9µg (11.28%)