



## Persian Sabzi Polo (Herb Rice with Fava Beans)

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



75 min.

SERVINGS



16

CALORIES



225 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 2 cups avarakkai / broad beans fresh
- 1 bunch cilantro leaves fresh chopped
- 1 bunch optional: dill fresh chopped
- 1 bunch parsley fresh chopped
- 16 servings ground cinnamon to taste
- 16 servings ground turmeric to taste
- 1 teaspoon pepper

- 1 teaspoon salt
- 3 tablespoons vegetable oil
- 0.5 cup water
- 4 cups rice long-grain white uncooked

## Equipment

- sauce pan
- pot

## Directions

- In a large saucepan bring water to a boil. Rinse rice; stir into boiling water. Boil just until rice rises to the surface of the water.
- Drain rice and return it to the saucepan. Stir in the oil and water.
- Mix in the dill, parsley, cilantro, fava beans, turmeric, cinnamon, salt and pepper.
- Cook the rice over medium heat for 5 minutes.
- Reduce heat to the lowest setting. Cover and simmer for 40 to 45 minutes. Note: It's normal to end up with crispy rice (called Tadig) on the bottom of the pot after cooking; it's delicious.

## Nutrition Facts



## Properties

Glycemic Index:15.01, Glycemic Load:24.11, Inflammation Score:-10, Nutrition Score:10.1726086347%

## Flavonoids

Apigenin: 7.68mg, Apigenin: 7.68mg, Apigenin: 7.68mg, Apigenin: 7.68mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.53mg, Myricetin: 0.53mg, Myricetin: 0.53mg, Myricetin: 0.53mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

## Nutrients (% of daily need)

Calories: 224.95kcal (11.25%), Fat: 3.1g (4.77%), Saturated Fat: 0.53g (3.32%), Carbohydrates: 43.74g (14.58%), Net Carbohydrates: 40.56g (14.75%), Sugar: 0.55g (0.61%), Cholesterol: 0mg (0%), Sodium: 151.96mg (6.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.2g (10.4%), Vitamin K: 66.29µg (63.13%), Manganese: 1.05mg (52.26%), Fiber: 3.19g (12.75%), Selenium: 7.66µg (10.94%), Copper: 0.18mg (8.95%), Phosphorus: 86.25mg (8.63%), Iron: 1.52mg (8.43%), Folate: 32.15µg (8.04%), Vitamin A: 348.44IU (6.97%), Magnesium: 26.07mg (6.52%), Vitamin C: 5.32mg (6.45%), Vitamin B6: 0.12mg (5.84%), Zinc: 0.84mg (5.62%), Vitamin B5: 0.53mg (5.29%), Vitamin B3: 1.02mg (5.12%), Calcium: 48.72mg (4.87%), Potassium: 168.5mg (4.81%), Vitamin B1: 0.06mg (3.9%), Vitamin B2: 0.05mg (2.91%), Vitamin E: 0.38mg (2.54%)