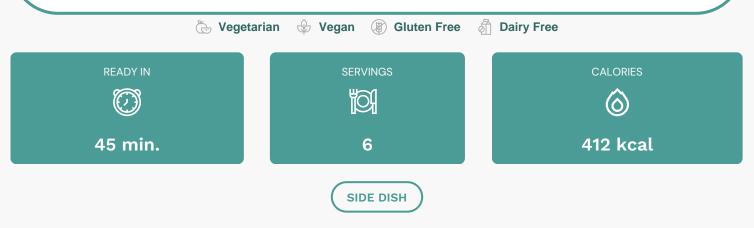


# Persian Stuffed Dumpling Squash with Rose Petals



## Ingredients

1 cup rice cooked  0.3 cup apricots dried minced  0.3 cup barberries  2 cloves garlic minced  0.3 cup olive oil	O.5 cup cherries dried pitted coarsely chopped
O.3 cup barberries  2 cloves garlic minced	1 cup rice cooked
2 cloves garlic minced	0.3 cup apricots dried minced
	O.3 cup barberries
0.3 cup olive oil	2 cloves garlic minced
	0.3 cup olive oil

0.8 cup orange juice freshly squeezed

	1 teaspoon saffron threads dissolved in 2 tablespoons hot water	
	6 servings salt and pepper black freshly ground	
	6 dumpling squash sweet (or substitute acorn squash, or use bell peppers instead)	
	1 cup walnuts finely chopped	
	1 large onion diced yellow	
Equipment		
	frying pan	
	oven	
	whisk	
	baking pan	
D:	ractions	
ווט	rections	
Ш	Preheat the oven to 425°F.	
	Neatly slice off the top of each squash and set it aside. Check the bottoms to see if they're level. If not, slice off enough so that they will stand steadily. Scoop out the seeds and place the squash in an oiled baking dish. Rub them inside and out with olive oil until well coated, and season with salt and pepper.	
	Heat a skillet over medium heat and add 4 tablespoons of the olive oil, followed by the onion and sauté until lightly browned.	
	Add the garlic, rice, walnuts, barberries, cherries, apricots, and rose petals. Stir well and continue cooking for 5 minutes, adding a little water if the mixture is dry. Taste and season with salt and pepper.	
	Fill each squash with stuffing and replace the tops.	
	Whisk together the orange juice, saffron water, and the remaining oil and pour over the squash. Cover tightly with a dish lid and bake for 25 minutes, basting occasionally with the juice. Uncover, baste, and bake until the squash is golden and tender, about 5 minutes more.	
	To serve, transfer the squash to a platter and pour the liquid from the baking dish on top.	
	Garnish with rose petals.	
	Taste	
	Book, using the USDA Nutrition Database	

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### **Nutrition Facts**



#### **Properties**

Glycemic Index:65.9, Glycemic Load:11.87, Inflammation Score:-9, Nutrition Score:18.523478300675%

#### **Flavonoids**

Cyanidin: 4mg, Cyanidin: 4mg, Cyanidin: 4mg, Cyanidin: 4mg Pelargonidin: 0.03mg, Pelargonidin: 0.017mg, Peonidin: 0.017mg, Peonidin: 0.017mg, Peonidin: 0.017mg, Peonidin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.05mg, Eriodictyol: 0.05mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Interval Interval

#### Nutrients (% of daily need)

Calories: 412.36kcal (20.62%), Fat: 25.54g (39.29%), Saturated Fat: 2.95g (18.44%), Carbohydrates: 44.6g (14.87%), Net Carbohydrates: 39.05g (14.2%), Sugar: 12.92g (14.35%), Cholesterol: Omg (0%), Sodium: 10.88mg (0.47%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 6.78g (13.56%), Manganese: 1.2mg (60.22%), Vitamin A: 2976.36IU (59.53%), Vitamin C: 43.14mg (52.29%), Potassium: 980.82mg (28.02%), Copper: 0.52mg (26.1%), Vitamin B6: 0.51mg (25.34%), Fiber: 5.55g (22.21%), Folate: 82.53µg (20.63%), Magnesium: 71.06mg (17.77%), Vitamin E: 2.37mg (15.83%), Phosphorus: 144.84mg (14.48%), Iron: 2.16mg (12.02%), Vitamin B1: 0.18mg (11.77%), Vitamin B2: 0.18mg (10.62%), Vitamin K: 10.65µg (10.14%), Calcium: 93.21mg (9.32%), Zinc: 1.25mg (8.32%), Vitamin B3: 1.63mg (8.17%), Vitamin B5: 0.73mg (7.34%), Selenium: 4.15µg (5.92%)