



Polow (Persian Rice with Pistachios and Dill)

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



382 kcal

SIDE DISH

Ingredients

- 1.3 pounds rice
- 0.7 cup optional: dill fresh chopped
- 5 ounces pistachios shelled coarsely chopped
- 0.5 cup yogurt plain
- 0.5 teaspoon saffron threads crumbled
- 3 tablespoons salt
- 1 tablespoon butter unsalted

Equipment

- bowl
- frying pan
- baking paper
- pot
- wooden spoon
- spatula

Directions

- Using lid of pot as guide, trace circle on parchment paper and cut out. Set aside.
- In large bowl, rinse rice in several changes of cold water until water runs clear.
- Drain well.
- In pot over moderately high heat, combine 4 quarts cold water, rice, and salt. Bring to boil, then reduce heat to moderate and boil, uncovered, 5 minutes.
- Drain well.
- In small bowl, stir together 1/4 cup warm water and saffron until dissolved.
- Transfer 1 cup cooked rice to medium bowl and stir in yogurt and 1 tablespoon saffron water (reserve remaining saffron water).
- In cleaned pot over moderately low heat, melt butter.
- Add rice–yogurt mixture, smoothing into flat layer. Top with 1/2 of remaining rice.
- Sprinkle with 1/2 of dill and pistachios and top with 1/2 of remaining rice, mounding loosely.
- Sprinkle with remaining dill and pistachios and top with remaining rice, mounding loosely into pyramid. Using round handle of wooden spoon, make 5 or 6 holes in rice to bottom of pot and pour in remaining saffron water.
- Cover rice with prepared parchment paper round then with lid and steam, undisturbed, until tender and crust forms on bottom, 15 to 20 minutes.
- Spoon loose rice onto platter without disturbing bottom crust. Dip bottom of pan into large bowl of cold water 30 seconds to loosen crust. Using spatula or wooden spoon, lift crust and transfer atop rice.

Nutrition Facts



■ PROTEIN 9.78% ■ FAT 24.69% ■ CARBS 65.53%

Properties

Glycemic Index:22.9, Glycemic Load:34.82, Inflammation Score:-5, Nutrition Score:10.65434776117%

Flavonoids

Cyanidin: 1.3mg, Cyanidin: 1.3mg, Cyanidin: 1.3mg, Cyanidin: 1.3mg Catechin: 0.63mg, Catechin: 0.63mg, Catechin: 0.63mg, Catechin: 0.63mg Epigallocatechin: 0.36mg, Epigallocatechin: 0.36mg, Epigallocatechin: 0.36mg, Epigallocatechin: 0.36mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Isorhamnetin: 1.7mg, Isorhamnetin: 1.7mg, Isorhamnetin: 1.7mg, Isorhamnetin: 1.7mg Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.42mg, Quercetin: 2.42mg, Quercetin: 2.42mg, Quercetin: 2.42mg

Nutrients (% of daily need)

Calories: 381.86kcal (19.09%), Fat: 10.47g (16.11%), Saturated Fat: 2.33g (14.59%), Carbohydrates: 62.53g (20.84%), Net Carbohydrates: 59.7g (21.71%), Sugar: 2.16g (2.4%), Cholesterol: 5.75mg (1.92%), Sodium: 2629.52mg (114.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.33g (18.65%), Manganese: 1.04mg (52.12%), Vitamin B6: 0.43mg (21.49%), Copper: 0.4mg (19.78%), Phosphorus: 185.89mg (18.59%), Selenium: 12.3µg (17.58%), Vitamin B1: 0.21mg (14.04%), Fiber: 2.83g (11.32%), Magnesium: 43.27mg (10.82%), Potassium: 316.83mg (9.05%), Vitamin B5: 0.89mg (8.88%), Vitamin A: 434.74IU (8.69%), Zinc: 1.3mg (8.64%), Iron: 1.55mg (8.61%), Vitamin B3: 1.44mg (7.19%), Calcium: 67.17mg (6.72%), Vitamin B2: 0.1mg (5.71%), Folate: 21.71µg (5.43%), Vitamin C: 4.4mg (5.34%), Vitamin E: 0.54mg (3.57%)