



## Tah Dig (Persian Rice)



Vegetarian



Gluten Free

READY IN



62 min.

SERVINGS



6

CALORIES



160 kcal

SIDE DISH

## Ingredients

- ☐ 1 cup rice long-grain
- ☐ 2 teaspoons canola oil
- ☐ 1 teaspoon kosher salt
- ☐ 0.5 cup greek yogurt plain 2% reduced-fat
- ☐ 0.1 teaspoon saffron threads crushed
- ☐ 1.5 tablespoons butter unsalted
- ☐ 4 cups water

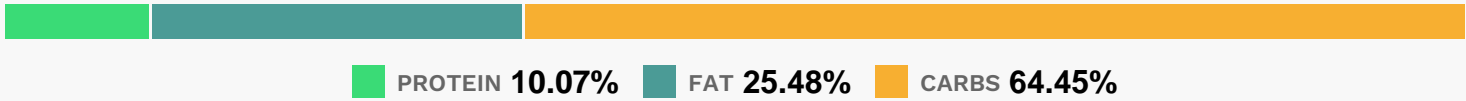
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ kitchen towels
- ☐ spatula

## Directions

- ☐ Place 4 cups water in a saucepan over medium-high heat; bring to a boil.
- ☐ Add rice; cook for 10 minutes.
- ☐ Drain. Rinse with cold water; drain.
- ☐ Combine yogurt, salt, and saffron in a medium bowl.
- ☐ Add rice to yogurt mixture, stirring well.
- ☐ Melt butter in a medium nonstick saut pan over medium heat.
- ☐ Add oil; swirl to coat.
- ☐ Add rice mixture to pan, lightly packing rice down. Wrap a clean, dry dish towel around lid to pan, tying it at the handle; place prepared lid on pan. Cook rice, covered, over medium heat 20 minutes (do not stir or uncover). Reduce temperature to medium-low; cook an additional 20 minutes or until rice is tender on top and a golden crust forms on bottom.
- ☐ Loosen the rice crust with a rubber spatula around the edges.
- ☐ Place a plate over the top of pan, and invert the rice onto plate, browned side up.
- ☐ Cut into 6 wedges, and serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:21.86, Glycemic Load:14.84, Inflammation Score:-1, Nutrition Score:3.2169565649136%

## Nutrients (% of daily need)

Calories: 159.6kcal (7.98%), Fat: 4.44g (6.83%), Saturated Fat: 1.97g (12.31%), Carbohydrates: 25.26g (8.42%), Net Carbohydrates: 24.86g (9.04%), Sugar: 0.58g (0.65%), Cholesterol: 8.36mg (2.79%), Sodium: 403.4mg (17.54%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.95g (7.89%), Manganese: 0.34mg (16.93%), Selenium: 6.34µg (9.06%), Phosphorus: 58.97mg (5.9%), Copper: 0.1mg (4.84%), Vitamin B5: 0.37mg (3.72%), Vitamin B2: 0.06mg (3.71%), Calcium: 32.95mg (3.29%), Vitamin B6: 0.06mg (3.07%), Zinc: 0.44mg (2.96%), Magnesium: 11.2mg (2.8%), Vitamin B3: 0.53mg (2.65%), Vitamin E: 0.35mg (2.33%), Vitamin B12: 0.12µg (2.04%), Vitamin A: 88.14IU (1.76%), Potassium: 59.91mg (1.71%), Vitamin B1: 0.03mg (1.7%), Fiber: 0.4g (1.6%), Iron: 0.26mg (1.46%), Vitamin K: 1.23µg (1.17%)