

# Tahdig (Persian Rice)

Yield: 8 min  
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/persian-rice-recipe-tahdig>

## Ingredients:

- 2 cups rice uncooked, basmati, jasmine, or white - your choice
- 4 cups water
- 1/2 teaspoon salt
- 3 tablespoons olive oil or unsalted butter

## Nutrition:

1. Calories: 110 calories
2. Carbohydrate: 13 grams
3. Fat: 5 grams
4. Protein: 1 grams
5. SaturatedFat: 0.5 grams
6. Sodium: 150 milligrams

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