

Persian Sabzi Polo (Herb Rice with Fava Beans)

Yield: 16 min
Total Time: 75 min

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

Ingredients:

- 6 cups water
- 4 cups long-grain white rice uncooked
- 3 tablespoons vegetable oil
- 1/2 cup water
- 1 bunch fresh dill chopped
- 1 bunch fresh parsley chopped
- 1 bunch fresh cilantro chopped
- 2 cups fava beans fresh or frozen
- ground turmeric to taste
- ground cinnamon to taste
- 1 teaspoon salt
- 1 teaspoon pepper

Nutrition:

1. Calories: 220 calories
2. Carbohydrate: 43 grams
3. Fat: 3.5 grams
4. Fiber: 2 grams
5. Protein: 5 grams
6. Sodium: 170 milligrams
7. Sugar: 1 grams

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