

Turkish Dolma

Yield: 4 min
Total Time: 120 min

Recipe from: <https://www.recipeschoose.com/recipes/turkish-rice-with-pine-nuts-recipe>

Ingredients:

- 5 bell peppers small-medium sized, any color
- 2 tablespoons olive oil
- 1/4 cup olive oil
- 2 tablespoons pine nuts
- 4 onions diced
- 1/2 bunch dill chopped
- 1 cup rice medium-grain
- 1 teaspoon dried mint
- 1 1/2 tablespoons currants
- 1 teaspoon allspice
- 1 1/2 teaspoons ground cinnamon
- 2 teaspoons ground paprika
- 1/2 teaspoon salt for soaking the rice
- 1 teaspoon salt for the filling
- 2 cups water

Nutrition:

1. Calories: 350 calories
2. Carbohydrate: 34 grams
3. Fat: 23 grams
4. Fiber: 7 grams
5. Protein: 4 grams
6. SaturatedFat: 3 grams
7. Sodium: 900 milligrams
8. Sugar: 8 grams

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