



Fesenjoon Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



201 kcal

SAUCE

Ingredients

- ☐ 2 cloves garlic
- ☐ 1 tablespoons jalapeno fresh minced
- ☐ 0.5 teaspoon olive oil
- ☐ 0.3 cup pomegranate (see notes)
- ☐ 8 servings salt
- ☐ 2 cups walnuts

Equipment

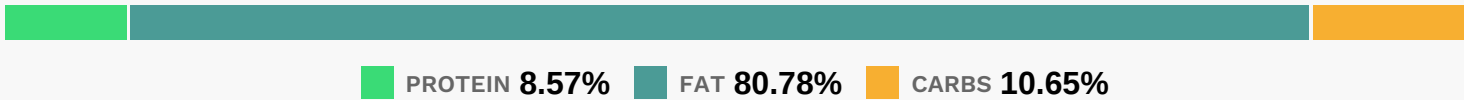
- ☐ food processor

- ☐ frying pan
- ☐ blender

Directions

- ☐ In a 10- to 12-inch nonstick frying pan over medium-high heat, stir garlic in olive oil until garlic is lightly browned and soft when pressed, about 2 minutes.
- ☐ Remove from pan. To pan, add walnuts; stir until toasted, about 6 minutes. In a blender or food processor, pure walnuts, garlic, minced fresh jalapeo chili (to taste), pomegranate concentrate, and 3/4 cup water; scrape container sides often.
- ☐ Add salt to taste.
- ☐ Serve, or cover and chill up to 1 day.

Nutrition Facts



Properties

Glycemic Index:18.63, Glycemic Load:1.23, Inflammation Score:-3, Nutrition Score:7.3247826462207%

Flavonoids

Cyanidin: 0.79mg, Cyanidin: 0.79mg, Cyanidin: 0.79mg, Cyanidin: 0.79mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 201.3kcal (10.07%), Fat: 19.42g (29.87%), Saturated Fat: 1.84g (11.49%), Carbohydrates: 5.76g (1.92%), Net Carbohydrates: 3.44g (1.25%), Sugar: 1.86g (2.07%), Cholesterol: 0mg (0%), Sodium: 194.79mg (8.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.63g (9.27%), Manganese: 1.02mg (51.11%), Copper: 0.48mg (24%), Magnesium: 47.58mg (11.89%), Phosphorus: 105.5mg (10.55%), Fiber: 2.32g (9.29%), Vitamin B6: 0.18mg (8.99%), Folate: 32µg (8%), Vitamin B1: 0.11mg (7.13%), Zinc: 0.94mg (6.28%), Iron: 0.89mg (4.97%), Potassium: 154.14mg (4.4%), Vitamin C: 3.59mg (4.35%), Calcium: 31.11mg (3.11%), Vitamin B2: 0.05mg (2.94%), Vitamin K: 2.51µg (2.39%), Vitamin E: 0.35mg (2.35%), Selenium: 1.58µg (2.26%), Vitamin B5: 0.2mg (2.05%), Vitamin B3: 0.38mg (1.89%)