



Khoresht Fesenjaan (Chicken with Pomegranate Sauce)

 Gluten Free  Dairy Free

READY IN



200 min.

SERVINGS



12

CALORIES



514 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 butternut squash cubed seeded
- 2 tablespoons cardamom freshly ground
- 3 pounds chicken pieces boneless
- 2 tablespoons ground cinnamon
- 2.5 cups pomegranate juice
- 4 onions red thinly sliced
- 0.3 teaspoon saffron powder

- 12 servings salt to taste
- 0.5 cup vegetable oil
- 4 cups walnuts chopped
- 2 cups water hot

Equipment

- food processor
- frying pan
- oven
- blender
- baking pan

Directions

- Heat the oil in a large heavy skillet over medium heat.
- Sautee onions until starting to brown.
- Add chicken pieces, and fry until lightly browned on the outside.
- Pour in the water, and bring to a boil. Reduce heat to low, and simmer for about 30 minutes, adding more water if necessary to keep the mixture from drying out.
- Preheat the oven to 325 degrees F (65 degrees C).
- Combine the walnuts and pomegranate juice in the container of a blender or food processor. Process into liquid. This can be done in small batches if necessary.
- Add this mixture to the simmering chicken mixture. Season with cardamom, cinnamon, saffron powder, and salt. Stir in the cubed squash.
- Transfer the entire mixture to a 9x13 inch baking dish.
- Bake, loosely covered for 2 1/2 hours in the preheated oven.
- Serve with white rice.

Nutrition Facts

 PROTEIN 16.03%  FAT 65.64%  CARBS 18.33%

Properties

Glycemic Index:10.58, Glycemic Load:1.34, Inflammation Score:-10, Nutrition Score:25.030000095782%

Flavonoids

Cyanidin: 2.3mg, Cyanidin: 2.3mg, Cyanidin: 2.3mg, Cyanidin: 2.3mg Delphinidin: 0.42mg, Delphinidin: 0.42mg, Delphinidin: 0.42mg, Delphinidin: 0.42mg Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.02mg, Quercetin: 8.02mg, Quercetin: 8.02mg, Quercetin: 8.02mg

Nutrients (% of daily need)

Calories: 514.12kcal (25.71%), Fat: 39.19g (60.29%), Saturated Fat: 6.07g (37.94%), Carbohydrates: 24.63g (8.21%), Net Carbohydrates: 19.1g (6.95%), Sugar: 10.51g (11.68%), Cholesterol: 57.83mg (19.28%), Sodium: 259.47mg (11.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.54g (43.08%), Vitamin A: 6764.18IU (135.28%), Manganese: 2.08mg (104.15%), Copper: 0.74mg (37.11%), Vitamin B3: 6.62mg (33.12%), Vitamin B6: 0.64mg (32.24%), Phosphorus: 287.9mg (28.79%), Magnesium: 109.08mg (27.27%), Fiber: 5.53g (22.11%), Vitamin C: 17.89mg (21.69%), Potassium: 719.29mg (20.55%), Folate: 79.22µg (19.81%), Selenium: 13.71µg (19.58%), Vitamin B1: 0.27mg (17.91%), Zinc: 2.52mg (16.81%), Iron: 2.65mg (14.71%), Vitamin B5: 1.37mg (13.72%), Vitamin E: 1.79mg (11.92%), Vitamin K: 12.2µg (11.61%), Calcium: 109.34mg (10.93%), Vitamin B2: 0.18mg (10.8%), Vitamin B12: 0.24µg (3.98%), Vitamin D: 0.15µg (1.03%)