



## Persian Fesenjun

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



4

CALORIES



539 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 tablespoons olive oil
- 1 onion finely chopped
- 10 fluid ounce miso
- 4 chicken breast halves boneless skinless
- 1 cup walnuts finely

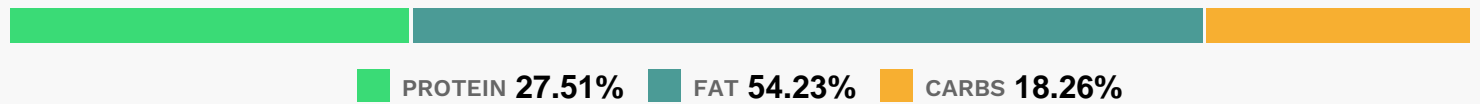
### Equipment

- frying pan

## Directions

- Heat the olive oil in a skillet over medium heat. Cook and stir the onion until tender, and quickly brown the chicken on all sides.
- Remove from skillet, and set aside.
- Place the ground walnuts in the remaining oil in the skillet. Over medium heat, cook and stir 5 to 10 minutes, until lightly browned.
- Return the onion and chicken to the skillet with the walnuts, and blend in the pomegranate paste. Reduce heat to low, cover, and simmer 20 minutes, stirring occasionally, until chicken is no longer pink and juices run clear.

## Nutrition Facts



## Properties

Glycemic Index:27, Glycemic Load:10, Inflammation Score:-6, Nutrition Score:26.043043644532%

## Flavonoids

Cyanidin: 0.79mg, Cyanidin: 0.79mg, Cyanidin: 0.79mg, Cyanidin: 0.79mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg

## Nutrients (% of daily need)

Calories: 539.37kcal (26.97%), Fat: 33.47g (51.49%), Saturated Fat: 4.17g (26.03%), Carbohydrates: 25.35g (8.45%), Net Carbohydrates: 18.93g (6.88%), Sugar: 6.51g (7.24%), Cholesterol: 72.32mg (24.11%), Sodium: 2890.31mg (125.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.2g (76.4%), Manganese: 1.69mg (84.3%), Vitamin B3: 12.82mg (64.08%), Selenium: 42.91µg (61.29%), Vitamin B6: 1.18mg (59.18%), Phosphorus: 464.02mg (46.4%), Copper: 0.82mg (40.84%), Magnesium: 113.83mg (28.46%), Vitamin K: 27µg (25.71%), Fiber: 6.42g (25.68%), Zinc: 3.5mg (23.32%), Potassium: 742.55mg (21.22%), Vitamin B5: 2.06mg (20.6%), Vitamin B2: 0.34mg (19.8%), Iron: 3.21mg (17.82%), Vitamin B1: 0.26mg (17.14%), Folate: 52.46µg (13.11%), Vitamin E: 1.44mg (9.6%), Calcium: 82.85mg (8.28%), Vitamin B12: 0.29µg (4.75%), Vitamin C: 3.77mg (4.57%), Vitamin A: 104.61IU (2.09%)