






 **22%**
HEALTH SCORE

Persian Pomegranate Chicken (Fesenjan)

 **Gluten Free**

READY IN

130 min.

SERVINGS

6

CALORIES

653 kcal

- LUNCH
- MAIN COURSE
- MAIN DISH
- DINNER

Ingredients

- 3 cups onion yellow chopped
- 2 tablespoons butter unsalted
- 3 tablespoons olive oil extra virgin
- 5 tablespoons pomegranate molasses
- 2 cups walnut halves
- 2 pounds chicken thighs salted boneless skinless dry trimmed cut into medium size pieces, patted and
- 2 cups chicken stock see
- 2 tablespoons sugar

- 0.5 teaspoon turmeric
- 0.3 teaspoon cinnamon
- 0.3 teaspoon nutmeg
- 0.3 teaspoon pepper black
- 6 servings salt
- 0.5 cup pomegranate seeds fresh for garnish

Equipment

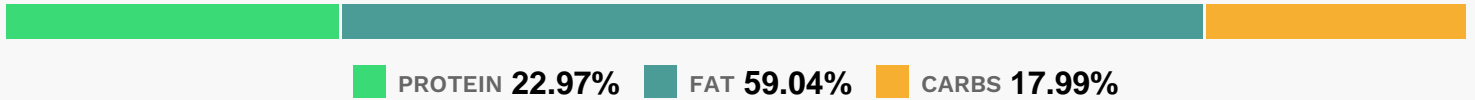
- food processor
- frying pan
- baking sheet
- oven
- blender
- slotted spoon
- tongs

Directions

- Toast and grind the walnuts: You can toast the walnuts in one of two ways. You can either spread them out in a single layer in a large skillet, and toast them on medium high heat, stirring frequently until lightly toasted, OR you can spread them out in a single layer in a baking rimmed baking sheet, and toast at 350°F in the oven for 8 to 10 minutes.
- In either case, once toasted, remove from heat and allow to cool. Once cool enough to handle, pulse in a food processor or blender until finely ground.
- Brown the chicken pieces on all sides: In a large pan, heat 1 tablespoon of butter and 2 tablespoon of olive oil over medium-high heat.
- When the butter has melted, pat the chicken pieces dry again and place the chicken pieces in the pan, working in batches if necessary to not crowd the pan, and cook until golden brown on all sides.
- Sprinkle the chicken with salt while they are cooking.
- Sauté the onions: Use a slotted spoon or tongs to remove the chicken from the pan, set aside.

- Add a tablespoon of butter and a tablespoon of oil to the pan. Lower the heat to medium low.
- Add chopped onions to the pan and sauté until translucent, stirring on occasion to release the browned bits from the bottom of the pan.
- Add chicken and stock: Return the chicken pieces to the pan with the onions.
- Pour 2 cups of chicken stock over the chicken and onions. Bring to a boil, reduce to a simmer, cover and simmer gently for 30 minutes.
- Add ground walnuts, pomegranate molasses, sugar, spices, cover and cook: Stir in the ground walnuts, pomegranate molasses, sugar, and spices. Cover and cook on very low heat for 1 hour, stirring every 20 minutes or so to prevent the walnuts from sticking to the bottom of the pan.
- Remove from heat and adjust sugar/salt to taste. At this point the chicken should be fall apart tender.
- Garnish with pomegranate seeds.
- Serve over parsi pulao or other favorite rice.

Nutrition Facts



Properties

Glycemic Index:49.35, Glycemic Load:6.37, Inflammation Score:-9, Nutrition Score:25.213043346353%

Flavonoids

Cyanidin: 1.06mg, Cyanidin: 1.06mg, Cyanidin: 1.06mg, Cyanidin: 1.06mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 16.24mg, Quercetin: 16.24mg, Quercetin: 16.24mg, Quercetin: 16.24mg Galliccatechin: 0.02mg, Galliccatechin: 0.02mg, Galliccatechin: 0.02mg, Galliccatechin: 0.02mg

Nutrients (% of daily need)

Calories: 652.64kcal (32.63%), Fat: 43.69g (67.22%), Saturated Fat: 7.65g (47.79%), Carbohydrates: 29.95g (9.98%), Net Carbohydrates: 25.31g (9.2%), Sugar: 17.41g (19.34%), Cholesterol: 156.07mg (52.02%), Sodium:

447.94mg (19.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.24g (76.48%), Manganese: 1.52mg (75.83%), Selenium: 38.4µg (54.85%), Vitamin B6: 1.04mg (52.05%), Vitamin B3: 10.29mg (51.46%), Phosphorus: 469.33mg (46.93%), Copper: 0.81mg (40.26%), Magnesium: 110mg (27.5%), Zinc: 3.82mg (25.44%), Vitamin B2: 0.43mg (25.05%), Vitamin B1: 0.34mg (22.93%), Potassium: 782.75mg (22.36%), Vitamin B5: 2.19mg (21.93%), Fiber: 4.64g (18.55%), Folate: 68.95µg (17.24%), Vitamin B12: 0.98µg (16.26%), Iron: 2.85mg (15.84%), Vitamin K: 12.88µg (12.27%), Vitamin E: 1.79mg (11.94%), Vitamin C: 8.03mg (9.73%), Calcium: 77.01mg (7.7%), Vitamin A: 165.49IU (3.31%)