



Persian Pomegranate-Walnut Chicken



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



149 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon pepper black divided freshly ground
- ☐ 1 cup less-sodium chicken broth fat-free
- ☐ 2 garlic cloves minced
- ☐ 1 Dash ground cinnamon
- ☐ 1.8 teaspoons kosher salt divided
- ☐ 0.5 cup onion finely chopped
- ☐ 1 cup pomegranate juice
- ☐ 0.1 teaspoon saffron threads crushed

- ☐ 6 ounce chicken breast halves boneless skinless
- ☐ 2 teaspoons sugar
- ☐ 1 tablespoon tomato paste
- ☐ 1 cup walnuts toasted

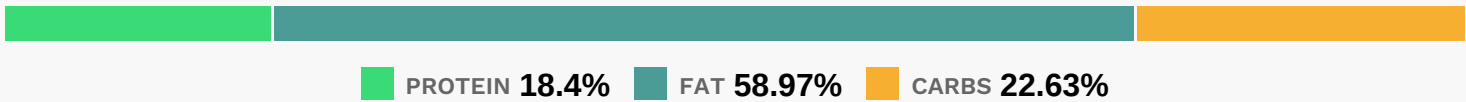
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Place walnuts in a food processor; process until finely ground. Set aside.
- ☐ Sprinkle chicken with 1 teaspoon salt and 1/4 teaspoon pepper.
- ☐ Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
- ☐ Add half of chicken to pan; cook 4 minutes on each side.
- ☐ Remove from pan. Repeat procedure with remaining chicken.
- ☐ Recoat pan with cooking spray.
- ☐ Add onion and garlic to pan; saut 3 minutes.
- ☐ Add remaining 3/4 teaspoon salt, remaining 1/4 teaspoon pepper, ground walnuts, broth, and the remaining ingredients except cilantro, stirring with a whisk until smooth. Bring to a boil; reduce heat, and simmer until reduced to 1 1/2 cups (about 15 minutes), stirring occasionally. Return chicken to pan; cover and simmer 10 minutes or until thoroughly heated.
- ☐ Garnish with cilantro sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:37.39, Glycemic Load:1.33, Inflammation Score:-3, Nutrition Score:6.8608695663836%

Flavonoids

Cyanidin: 1.14mg, Cyanidin: 1.14mg, Cyanidin: 1.14mg, Cyanidin: 1.14mg Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.39mg, Quercetin: 2.39mg, Quercetin: 2.39mg, Quercetin: 2.39mg

Nutrients (% of daily need)

Calories: 149.06kcal (7.45%), Fat: 10.26g (15.78%), Saturated Fat: 1.05g (6.56%), Carbohydrates: 8.86g (2.95%), Net Carbohydrates: 7.48g (2.72%), Sugar: 6.02g (6.69%), Cholesterol: 13.61mg (4.54%), Sodium: 668.89mg (29.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.2g (14.4%), Manganese: 0.61mg (30.31%), Vitamin B6: 0.28mg (14.02%), Vitamin B3: 2.69mg (13.47%), Copper: 0.27mg (13.31%), Selenium: 8.52µg (12.17%), Phosphorus: 107.79mg (10.78%), Magnesium: 33.43mg (8.36%), Potassium: 258.53mg (7.39%), Folate: 25.13µg (6.28%), Fiber: 1.38g (5.51%), Vitamin B5: 0.53mg (5.31%), Vitamin B1: 0.08mg (5.17%), Zinc: 0.65mg (4.35%), Vitamin K: 4.2µg (4%), Iron: 0.7mg (3.87%), Vitamin B2: 0.06mg (3.58%), Calcium: 26.46mg (2.65%), Vitamin E: 0.35mg (2.36%), Vitamin C: 1.89mg (2.3%), Vitamin B12: 0.1µg (1.65%)