

Kuku Sabzi (Leek and Herb Frittata)

Yield: 8 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/persian-kuku-sabzi-recipe>

Ingredients:

- 1/2 cup chopped cilantro plus more for garnish
- 1/2 cup dill chopped
- 1/2 cup chopped parsley
- 1/2 teaspoon ground turmeric
- 12 eggs lightly beaten
- 1 russet potato large, peeled, grated, and blanched
- 1 leek large, quartered lengthwise, thinly sliced crosswise
- kosher salt
- ground black pepper
- 6 tablespoons canola oil
- 1/4 cup pomegranate seeds

Nutrition:

1. Calories: 230 calories
2. Carbohydrate: 9 grams
3. Cholesterol: 315 milligrams
4. Fat: 18 grams
5. Fiber: 1 grams
6. Protein: 11 grams
7. SaturatedFat: 3 grams
8. Sodium: 210 milligrams
9. Sugar: 2 grams

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