

# Zeytoon Parvardeh

Yield: 5 min  
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/middle-east-recipe-zaytoon>

## Ingredients:

- 1 pound green olives firm, pitted
- 1 cup walnuts grated
- 1/2 cup pomegranate molasses
- 7 garlic cloves minced
- 4 tablespoons olive oil
- 1 handful fresh mint chopped or 1-2 tablespoons, dried
- salt
- pepper
- 1 cup pomegranate seeds \*, a personal touch to add a burst of color, optional

## Nutrition:

1. Calories: 530 calories
2. Carbohydrate: 42 grams
3. Fat: 41 grams
4. Fiber: 7 grams
5. Protein: 6 grams
6. SaturatedFat: 5 grams
7. Sodium: 1580 milligrams
8. Sugar: 25 grams

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