

# Turkish Muhammara

Yield: 2 min  
Total Time: 10 min

Recipe from: <https://www.recipeschoose.com/recipes/muhammara-recipe-turkish>

## Ingredients:

- 1/2 yellow onion finely chopped
- 2 tablespoons olive oil
- 1 1/2 cups walnuts
- 2 garlic cloves chopped
- 1 1/2 tablespoons tomato paste or red pepper paste
- 1 tablespoon pomegranate molasses
- 1 tablespoon tahini
- 1 1/2 teaspoons cumin
- 1 teaspoon paprika
- 1 teaspoon sea salt
- 1/2 lemon or more to suit your taste
- chopped parsley Handful finely, optional

## Nutrition:

1. Calories: 850 calories
2. Carbohydrate: 34 grams
3. Fat: 79 grams
4. Fiber: 10 grams
5. Protein: 17 grams
6. SaturatedFat: 8 grams
7. Sodium: 1300 milligrams
8. Sugar: 11 grams

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