

# Khoresht Gharch (Persian Mushroom Stew)

Yield: 4 min

Total Time: 105 min

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

## Ingredients:

- 1/8 teaspoon saffron ground
- 1/2 tablespoon hot water
- 3 tablespoons oil divided
- 1 onion large, peeled and thinly sliced
- 1 clove garlic peeled and crushed
- 1 pound chicken thighs cut into 1 inch pieces
- 1/2 cup water
- 1/4 teaspoon salt
- 1/8 teaspoon ground black pepper
- 8 ounces fresh mushrooms
- 1 tablespoon flour
- 1 tablespoon chopped parsley
- 1 tablespoon lime juice
- 1 egg yolk
- 1/2 teaspoon ground cumin

## Nutrition:

1. Calories: 380 calories
2. Carbohydrate: 7 grams
3. Cholesterol: 150 milligrams
4. Fat: 29 grams
5. Fiber: 1 grams
6. Protein: 22 grams
7. SaturatedFat: 6 grams
8. Sodium: 240 milligrams
9. Sugar: 2 grams

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