

Turkish Chicken Salad

Yield: 4 min
Total Time: 30 min

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

Ingredients:

- 1 pound skinless chicken breast washed
- 1 teaspoon chilli flakes aleppo, or 1 tsp red chilli powder
- 2 teaspoons cumin powder
- 1 teaspoon cinnamon powder
- 1/2 teaspoon oregano
- 1 teaspoon sumac
- 2 tablespoons pomegranate molasses Gluten free versions are available
- 1/2 pomegranate
- 1/4 cucumber sliced finely
- 1 tablespoon pine nuts
- 1 teaspoon sesame seeds
- 1 crisps pack dried beetroot, optional

Nutrition:

1. Calories: 220 calories
2. Carbohydrate: 17 grams
3. Cholesterol: 75 milligrams
4. Fat: 6 grams
5. Fiber: 2 grams
6. Protein: 25 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 140 milligrams
9. Sugar: 11 grams

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