



31%  
HEALTH SCORE

## Best Chicken Tagine

 Dairy Free

READY IN



70 min.

SERVINGS



4

CALORIES



610 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 2 tablespoons almonds toasted
- 0.5 teaspoon ground pepper to taste ()
- 2 teaspoons chicken powder
- 300 g chickpeas fresh (or )
- 1 tablespoon cilantro leaves finely chopped ()
- 1 cup couscous
- 1 tablespoon coriander leaves (to garnish)
- 3 large garlic clove diced finely

- 1 tablespoon ginger chopped
- 0.1 teaspoon ground cinnamon
- 0.5 teaspoon ground coriander
- 0.5 teaspoon ground cumin
- 0.5 cup honey
- 1 tablespoon olive oil
- 1 large onion thinly sliced
- 1.5 tablespoons paprika
- 1 teaspoon sesame seed
- 4 chicken thighs skinless
- 425 g tomatoes diced
- 1 teaspoon turmeric
- 2 cups chicken stock see

## Equipment

- pot

## Directions

- Heat oil in heavy large pot over medium heat. Brown chicken and remove.
- Add onion, garlic, and ginger to the pot. Cover and cook until onion is tender, stirring often, about 5 minutes.
- Add paprika, turmeric, ground coriander, ground cumin, cayenne pepper and cinnamon and stir 1 minute to lightly 'toast' the spices. Stir in 2 cups water, chickpeas, tomatoes with juices, honey and coriander roots. Bring to boil. Reduce heat, cover, and simmer 10 minutes.
- Sprinkle chicken with salt and pepper; add to pot. Cover and simmer for about 50 minutes – or until the chicken is cooked and tender.
- Add more water to cover the chicken if liquid has evaporated. When the chicken is almost ready, begin to prepare the cous-cous as per packet instructions.
- Add the chicken stock powder to the cous cous. When the cous cous has absorbed the liquid, add the almonds and stir through. If using drumsticks, remove the drumsticks and strip

the meat from the bones. Return the meat back to the mixture and mix through. Stir sesame seeds through.

Serve on a bed of cous cous, garnished with coriander leaves.

## Nutrition Facts

**PROTEIN 15.56%** **FAT 17.21%** **CARBS 67.23%**

### Properties

Glycemic Index:98.01, Glycemic Load:44.69, Inflammation Score:-10, Nutrition Score:27.234348120897%

### Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.74mg, Naringenin: 0.74mg, Naringenin: 0.74mg, Naringenin: 0.74mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.01mg, Isorhamnetin: 2.01mg, Isorhamnetin: 2.01mg, Isorhamnetin: 2.01mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 8.34mg, Quercetin: 8.34mg, Quercetin: 8.34mg, Quercetin: 8.34mg

### Nutrients (% of daily need)

Calories: 609.85kcal (30.49%), Fat: 12.02g (18.5%), Saturated Fat: 1.8g (11.25%), Carbohydrates: 105.72g (35.24%), Net Carbohydrates: 93.79g (34.1%), Sugar: 45.47g (50.53%), Cholesterol: 30.87mg (10.29%), Sodium: 466.66mg (20.29%), Alcohol: 0g (100%), Protein: 24.46g (48.93%), Manganese: 1.63mg (81.51%), Fiber: 11.93g (47.74%), Vitamin A: 2352.92IU (47.06%), Folate: 175.24µg (43.81%), Phosphorus: 371.35mg (37.13%), Vitamin B3: 6.73mg (33.66%), Copper: 0.67mg (33.35%), Vitamin B6: 0.59mg (29.69%), Iron: 5.18mg (28.76%), Potassium: 983.69mg (28.11%), Magnesium: 110.87mg (27.72%), Vitamin C: 22.84mg (27.68%), Vitamin E: 3.6mg (24.01%), Vitamin B2: 0.4mg (23.32%), Vitamin K: 24.32µg (23.16%), Vitamin B1: 0.32mg (21.41%), Zinc: 3.07mg (20.47%), Selenium: 13.67µg (19.53%), Vitamin B5: 1.37mg (13.67%), Calcium: 118.44mg (11.84%), Vitamin B12: 0.17µg (2.76%)