



Braised Chicken with Dates and Moroccan Spices

 Dairy Free

READY IN



100 min.

SERVINGS



6

CALORIES



539 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon all purpose flour
- ☐ 0.3 cup almonds toasted coarsely chopped
- ☐ 0.1 teaspoon cayenne pepper
- ☐ 3.5 pounds chicken breast halves
- ☐ 3 cinnamon sticks
- ☐ 12 dates pitted halved
- ☐ 0.3 cup cilantro leaves fresh chopped

- ☐ 1 teaspoon ground cumin
- ☐ 1.5 teaspoons ground ginger
- ☐ 5 tablespoons juice of lemon fresh divided
- ☐ 3 cups low-salt chicken broth
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 2 pounds shallots peeled (11 large)
- ☐ 0.5 teaspoon turmeric

Equipment

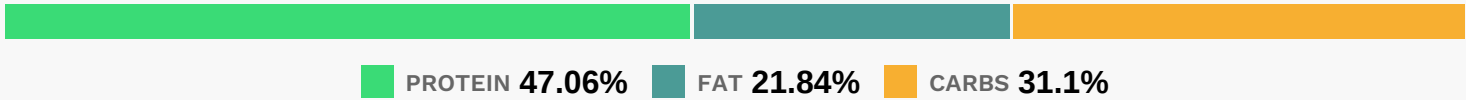
- ☐ pot
- ☐ aluminum foil

Directions

- ☐ Sprinkle chicken pieces with salt, pepper, and flour.
- ☐ Heat olive oil in heavy large pot over medium-high heat.
- ☐ Add half of chicken pieces to pot and cook until browned on all sides, turning occasionally, about 15 minutes.
- ☐ Transfer chicken to baking sheet or platter; repeat with remaining chicken.
- ☐ Pour off all but 2 tablespoons fat from pot and discard. Reduce heat to medium.
- ☐ Add shallots to pot; sauté until golden, about 6 minutes.
- ☐ Add cinnamon sticks, ginger, cumin, turmeric, and cayenne. Stir until fragrant, about 1 minute. Increase heat to high; add broth and 3 tablespoons lemon juice. Bring to boil; reduce heat to low, cover, and simmer until shallots begin to soften, about 18 minutes.
- ☐ Place chicken pieces atop shallots in pot. Bring to boil over medium heat. Reduce heat to medium-low, cover, and simmer until juices run clear when thickest part of drumstick is pierced with knife, about 25 minutes.
- ☐ Transfer chicken and shallots to platter; tent with foil. Boil juices in pot until slightly thickened. Stir in dates and remaining 2 tablespoons lemon juice. Reduce heat and simmer gently until dates are heated through, about 2 minutes.
- ☐ Pour sauce and dates over chicken.

- ☐ Sprinkle with almondsand cilantro, and serve.
- ☐ Per serving:498 calories,22 g fat,2 g fiber
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:41, Glycemic Load:11.83, Inflammation Score:-9, Nutrition Score:34.11173921046%

Flavonoids

Cyanidin: 0.38mg, Cyanidin: 0.38mg, Cyanidin: 0.38mg, Cyanidin: 0.38mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.62mg, Eriodictyol: 0.62mg, Eriodictyol: 0.62mg, Eriodictyol: 0.62mg Hesperetin: 1.81mg, Hesperetin: 1.81mg, Hesperetin: 1.81mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg

Nutrients (% of daily need)

Calories: 539.41kcal (26.97%), Fat: 13.26g (20.4%), Saturated Fat: 2.33g (14.55%), Carbohydrates: 42.49g (14.16%), Net Carbohydrates: 34.62g (12.59%), Sugar: 21.58g (23.98%), Cholesterol: 169.34mg (56.45%), Sodium: 362.26mg (15.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 64.3g (128.6%), Vitamin B3: 30.1mg (150.51%), Vitamin B6: 2.57mg (128.26%), Selenium: 87.95µg (125.65%), Phosphorus: 725.97mg (72.6%), Manganese: 1.16mg (58.2%), Potassium: 1763.86mg (50.4%), Vitamin B5: 4.35mg (43.54%), Magnesium: 128.76mg (32.19%), Fiber: 7.87g (31.5%), Vitamin C: 20.52mg (24.87%), Vitamin B2: 0.42mg (24.7%), Iron: 4.04mg (22.42%), Vitamin B1: 0.3mg (19.73%), Copper: 0.37mg (18.63%), Folate: 72.79µg (18.2%), Zinc: 2.58mg (17.18%), Vitamin E: 2.54mg (16.91%), Calcium: 118.36mg (11.84%), Vitamin B12: 0.65µg (10.79%), Vitamin K: 6.22µg (5.92%), Vitamin A: 159.51IU (3.19%), Vitamin D: 0.26µg (1.76%)