



Chicken and Chickpea Tagine



Gluten Free



Dairy Free

READY IN



440 min.

SERVINGS



8

CALORIES



223 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 5 ounce chicken thighs bone-in
- ☐ 30 ounce garbanzo beans organic rinsed drained canned
- ☐ 1.5 tablespoons canola oil
- ☐ 1 cup chicken stock see unsalted (such as Swanson)
- ☐ 0.3 cup cilantro leaves
- ☐ 1 stick cinnamon (3-inch)
- ☐ 0.7 cup apricot dried chopped

- ☐ 0.3 cup garlic fresh finely chopped
- ☐ 1 teaspoon ground coriander
- ☐ 1.3 teaspoons ground cumin
- ☐ 0.5 teaspoon ground ginger
- ☐ 0.3 teaspoon ground pepper red
- ☐ 0.8 teaspoon turmeric
- ☐ 1.5 teaspoons honey
- ☐ 1.3 teaspoons kosher salt divided
- ☐ 8 servings lemon wedges
- ☐ 2.5 cups onion chopped
- ☐ 1 teaspoon paprika

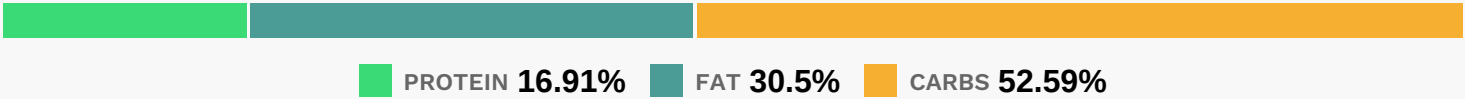
Equipment

- ☐ frying pan
- ☐ slow cooker

Directions

- ☐ Heat a large skillet over medium-high heat.
- ☐ Add oil to pan; swirl to coat.
- ☐ Sprinkle meaty side of chicken with 1/2 teaspoon salt and black pepper.
- ☐ Add chicken to pan, meaty side down; cook 5 minutes or until well browned.
- ☐ Remove from pan (do not brown other side).
- ☐ Add onion and garlic to pan; saut 4 minutes.
- ☐ Add cumin and next 5 ingredients (through red pepper); cook 1 minute, stirring constantly.
- ☐ Add remaining 3/4 teaspoon salt, stock, honey, and cinnamon, scraping pan to loosen browned bits; bring to a simmer. Carefully pour mixture into a 6-quart electric slow cooker. Stir in apricots and chickpeas. Arrange chicken, browned side up, on top of chickpea mixture. Cover and cook on LOW for 7 hours. Discard cinnamon stick.
- ☐ Sprinkle with cilantro; serve with lemon wedges.

Nutrition Facts



Properties

Glycemic Index:41.81, Glycemic Load:7.95, Inflammation Score:-9, Nutrition Score:12.483913109678%

Flavonoids

Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 10.5mg, Quercetin: 10.5mg, Quercetin: 10.5mg, Quercetin: 10.5mg

Nutrients (% of daily need)

Calories: 222.67kcal (11.13%), Fat: 7.88g (12.13%), Saturated Fat: 1.23g (7.72%), Carbohydrates: 30.58g (10.19%), Net Carbohydrates: 23.56g (8.57%), Sugar: 9.59g (10.65%), Cholesterol: 15.66mg (5.22%), Sodium: 718.48mg (31.24%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 9.83g (19.66%), Manganese: 1.21mg (60.33%), Vitamin B6: 0.72mg (35.82%), Fiber: 7.02g (28.06%), Phosphorus: 150.83mg (15.08%), Copper: 0.27mg (13.51%), Iron: 2.42mg (13.43%), Potassium: 461.56mg (13.19%), Vitamin A: 609.49IU (12.19%), Magnesium: 46.15mg (11.54%), Folate: 40.04µg (10.01%), Selenium: 6.92µg (9.88%), Vitamin B3: 1.77mg (8.84%), Zinc: 1.21mg (8.06%), Calcium: 76.13mg (7.61%), Vitamin C: 6.16mg (7.47%), Vitamin E: 1.12mg (7.44%), Vitamin B5: 0.63mg (6.29%), Vitamin B1: 0.09mg (6.25%), Vitamin B2: 0.1mg (5.62%), Vitamin K: 5.04µg (4.8%), Vitamin B12: 0.1µg (1.61%)