



Chicken and Date Pastilla

 Dairy Free

READY IN

ready

25 min.

SERVINGS

servings

4

CALORIES

calories

496 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 cups meat from a rotisserie chicken diced cooked
- ☐ 4 servings confectioners' sugar
- ☐ 0.5 cup dates chopped
- ☐ 4 eggs lightly beaten
- ☐ 2 teaspoons ginger fresh grated
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 1 teaspoon ground coriander

- ☐ 1 teaspoon ground cumin
- ☐ 0.5 cup chicken broth reduced-sodium
- ☐ 1 tablespoon olive oil
- ☐ 1 cup onion thinly sliced
- ☐ 8 sheets phyllo dough
- ☐ 0.5 cup pimento-stuffed olives sliced
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup slivered almonds sliced

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk

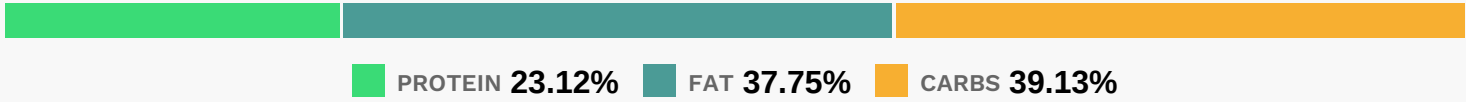
Directions

- ☐ Preheat oven to 425 degrees F.
- ☐ Coat a 9-inch pie plate with cooking spray.
- ☐ Heat oil in a large skillet over medium-high heat.
- ☐ Add onion and ginger and cook 3 minutes, or until soft.
- ☐ Add cumin, coriander, cinnamon, salt, and black pepper and cook 1 minute, until spices are fragrant.
- ☐ Add chicken, olives and dates and cook 1 minute to heat through.
- ☐ Remove from heat.
- ☐ In a medium bowl, whisk together eggs and broth.
- ☐ Add to chicken mixture.
- ☐ Arrange 1 sheet of phyllo in the bottom of pie plate, allowing dough to hang over the edges. Spray with cooking spray and then top with another sheet of phyllo dough. Top with 1/3 of chicken mixture. Fold overhanging dough over chicken filling. Continue layering, using all sheets, 2 at a time, ending with phyllo dough, fold top sheets over, to cover the filling so

nothing is hanging over the sides. Spray the surface with cooking spray and top with almonds.

- ☐
- Bake 15 minutes, until golden brown. Sift confectioners' sugar over top just before serving.
- ☐
- Note: Keep phyllo sheets moist in between use so they do not dry out. Cover them with a damp towel or cloth.

Nutrition Facts



Properties

Glycemic Index:46, Glycemic Load:14.66, Inflammation Score:-6, Nutrition Score:18.820869445801%

Flavonoids

Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 2.18mg, Isorhamnetin: 2.18mg, Isorhamnetin: 2.18mg, Isorhamnetin: 2.18mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.32mg, Quercetin: 8.32mg, Quercetin: 8.32mg, Quercetin: 8.32mg

Nutrients (% of daily need)

Calories: 496.38kcal (24.82%), Fat: 21.06g (32.4%), Saturated Fat: 4.38g (27.36%), Carbohydrates: 49.12g (16.37%), Net Carbohydrates: 44.47g (16.17%), Sugar: 21.86g (24.28%), Cholesterol: 216.18mg (72.06%), Sodium: 864.75mg (37.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.02g (58.04%), Selenium: 40.98µg (58.55%), Vitamin B3: 8.11mg (40.55%), Vitamin B2: 0.55mg (32.28%), Phosphorus: 320.16mg (32.02%), Manganese: 0.53mg (26.32%), Vitamin B6: 0.47mg (23.66%), Vitamin E: 3.41mg (22.72%), Iron: 3.97mg (22.07%), Vitamin B1: 0.32mg (21.11%), Fiber: 4.65g (18.61%), Folate: 72.38µg (18.09%), Vitamin B5: 1.67mg (16.67%), Magnesium: 62.16mg (15.54%), Potassium: 531.9mg (15.2%), Zinc: 2.24mg (14.95%), Copper: 0.28mg (14.13%), Vitamin B12: 0.62µg (10.4%), Calcium: 92.16mg (9.22%), Vitamin A: 342.73IU (6.85%), Vitamin D: 0.88µg (5.87%), Vitamin K: 4.35µg (4.15%), Vitamin C: 3.23mg (3.92%)