



## Chicken and Date Pastilla

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



559 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 2 pounds chicken breast ( 4 chicken breasts)
- ☐ 2 cups chicken stock see
- ☐ 1 teaspoon chili flakes
- ☐ 0.3 cup cilantro leaves
- ☐ 1 tablespoon cinnamon
- ☐ 1 tablespoon cumin toasted ( and ground)
- ☐ 1 cup dates pitted chopped ( and coarsely)
- ☐ 3 eggs

- ☐ 4 cloves garlic chopped ()
- ☐ 2 teaspoons ginger
- ☐ 6 servings icing sugar and cinnamon
- ☐ 0.5 cup olive oil
- ☐ 1 tablespoon olive oil
- ☐ 2 onions sliced ()
- ☐ 0.3 cup parsley
- ☐ 8 sheets phyllo dough
- ☐ 0.3 cup raisins
- ☐ 1 pinch saffron threads
- ☐ 6 servings salt and pepper to taste
- ☐ 0.5 cup slivered almonds toasted ()
- ☐ 1 teaspoon turmeric

## Equipment

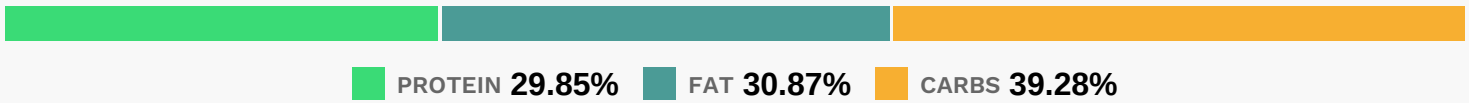
- ☐ frying pan
- ☐ oven

## Directions

- ☐ Heat the oil in a pan.
- ☐ Add the chicken, skin down, brown and set aside.
- ☐ Add the onions and saute until tender, about 7-12 minutes.
- ☐ Add the garlic, cumin, ginger, cloves, cinnamon, chili flakes, turmeric and saffron and saute until fragrant, about a minute.
- ☐ Put the chicken back in the pan along with the stock, cover and simmer until the chicken is cooked, about 30 minutes.
- ☐ Remove the chicken, let it cool and shred it.
- ☐ Put the chicken back in the pan along with the eggs, dates, raisins, cilantro and almonds, mix and season with salt and pepper.

- ☐
- Place a sheet of phyllo on your working surface and brush with the olive oil.
- ☐
- Place a sheet of phyllo on top forming a plus sign and brush with olive oil and repeat until all sheets are done.
- ☐
- Place the phyllo into a 9 inch spring form pan, fill with the chicken mixture and fold the overhanging phyllo over the top sealing the pie.
- ☐
- Brush the top with olive oil.
- ☐
- Bake in a preheated 375F/190C oven until golden brown, about 30–40 minutes.
- ☐
- Let cool and dust with icing sugar and cinnamon.

Nutrition Facts



Properties

Glycemic Index:63.3, Glycemic Load:17.07, Inflammation Score:-10, Nutrition Score:30.223913254945%

Flavonoids

Cyanidin: 0.64mg, Cyanidin: 0.64mg, Cyanidin: 0.64mg, Cyanidin: 0.64mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 5.41mg, Apigenin: 5.41mg, Apigenin: 5.41mg, Apigenin: 5.41mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 2.07mg, Isorhamnetin: 2.07mg, Isorhamnetin: 2.07mg, Isorhamnetin: 2.07mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg Quercetin: 8.1mg, Quercetin: 8.1mg, Quercetin: 8.1mg, Quercetin: 8.1mg

Nutrients (% of daily need)

Calories: 559.45kcal (27.97%), Fat: 19.44g (29.9%), Saturated Fat: 3.42g (21.34%), Carbohydrates: 55.64g (18.55%), Net Carbohydrates: 49.89g (18.14%), Sugar: 26.84g (29.82%), Cholesterol: 181.01mg (60.34%), Sodium: 650.75mg (28.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 42.28g (84.56%), Vitamin B3: 19.01mg (95.04%), Selenium: 64.65µg (92.35%), Vitamin B6: 1.38mg (69.15%), Phosphorus: 488.13mg (48.81%), Vitamin K: 49.51µg (47.15%), Manganese: 0.83mg (41.28%), Vitamin B2: 0.56mg (33%), Potassium: 1089.66mg (31.13%), Vitamin B5: 2.84mg (28.37%), Vitamin E: 3.98mg (26.54%), Magnesium: 97.1mg (24.28%), Fiber: 5.76g (23.03%), Vitamin B1: 0.34mg (22.68%), Iron: 3.96mg (21.99%), Copper: 0.33mg (16.66%), Folate: 63.2µg (15.8%), Zinc: 1.98mg (13.2%), Vitamin C: 9.5mg (11.51%), Vitamin A: 541.11IU (10.82%), Calcium: 101.23mg (10.12%), Vitamin B12: 0.5µg (8.3%), Vitamin D: 0.59µg (3.94%)