



Chicken and Zucchini Couscous

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



658 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup chickpeas drained and rinsed canned
- ☐ 0.3 teaspoon cayenne
- ☐ 3 pounds meat from a rotisserie chicken cut into 8 pieces
- ☐ 1.5 cups chicken broth low-sodium homemade canned
- ☐ 4 cups couscous cooked
- ☐ 1 tablespoon ginger fresh chopped
- ☐ 3 tablespoons parsley fresh chopped
- ☐ 4 cloves garlic chopped

- ☐ 0.8 teaspoon ground cumin
- ☐ 0.3 teaspoon ground turmeric
- ☐ 1 tablespoon juice of lemon
- ☐ 1 tablespoon olive oil
- ☐ 1 onion chopped
- ☐ 0.5 teaspoon oregano dried
- ☐ 0.5 teaspoon paprika
- ☐ 1.5 teaspoons salt
- ☐ 1 cup tomatoes in purée thick canned crushed
- ☐ 1 zucchini cut into 1/4-inch slices

Equipment

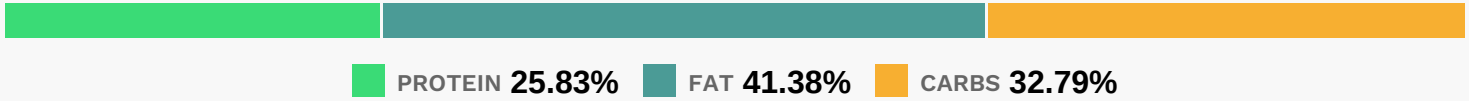
- ☐ pot

Directions

- ☐ In a large pot, heat the oil over moderately high heat. Season the chicken pieces with 1/4 teaspoon of the salt and add them to the pot. Cook, turning, until browned, about 8 minutes in all.
- ☐ Remove.
- ☐ Pour off all but 1 tablespoon fat from the pot.
- ☐ Reduce the heat to moderately low.
- ☐ Add the onion to the pot and cook, stirring occasionally, until translucent, about 5 minutes.
- ☐ Add the garlic, ginger, paprika, cumin, oregano, cayenne, and turmeric and cook, stirring, for 30 seconds.
- ☐ Add the broth, tomatoes, and the remaining 1 1/4 teaspoons of salt, scraping the bottom of the pot to dislodge any browned bits.
- ☐ Add the chicken thighs and drumsticks. Bring to a simmer and cook, covered, for 10 minutes.
- ☐ Add the chicken breasts with any accumulated juices, the chickpeas, and the zucchini and bring back to a simmer. Cook, covered, until the chicken and zucchini are just done, about 12 minutes longer.

- ☐
- Add the parsley and lemon juice and serve over the couscous.
- ☐
- Wine Recommendation: The aromatic spices in this dish are best with an assertive, flavorful wine; color is almost secondary. For a red, try a wine from the indigenous South African grape, pinotage. For white, try a Tokay Pinot Gris from Alsace in France.

Nutrition Facts



Properties

Glycemic Index:81.08, Glycemic Load:26.11, Inflammation Score:-9, Nutrition Score:29.779130261877%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 6.47mg, Apigenin: 6.47mg, Apigenin: 6.47mg, Apigenin: 6.47mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg Quercetin: 5.98mg, Quercetin: 5.98mg, Quercetin: 5.98mg, Quercetin: 5.98mg

Nutrients (% of daily need)

Calories: 658.18kcal (32.91%), Fat: 30.25g (46.54%), Saturated Fat: 7.92g (49.5%), Carbohydrates: 53.93g (17.98%), Net Carbohydrates: 47.32g (17.21%), Sugar: 5.57g (6.18%), Cholesterol: 122.47mg (40.82%), Sodium: 1223.09mg (53.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 42.47g (84.94%), Selenium: 68.62µg (98.03%), Vitamin B3: 15.05mg (75.27%), Vitamin K: 61.28µg (58.36%), Vitamin B6: 1.12mg (55.87%), Manganese: 0.83mg (41.71%), Phosphorus: 390.84mg (39.08%), Vitamin C: 25.66mg (31.1%), Potassium: 941.36mg (26.9%), Fiber: 6.61g (26.44%), Vitamin B5: 2.54mg (25.4%), Iron: 4.51mg (25.08%), Zinc: 3.41mg (22.71%), Vitamin B2: 0.37mg (21.79%), Magnesium: 87.02mg (21.75%), Copper: 0.42mg (21.23%), Vitamin B1: 0.3mg (20.28%), Folate: 74.97µg (18.74%), Vitamin A: 900.76IU (18.02%), Vitamin E: 2.23mg (14.84%), Calcium: 102.27mg (10.23%), Vitamin B12: 0.59µg (9.91%), Vitamin D: 0.33µg (2.18%)