



Chicken-Butternut Tagine



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



311 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 ounces butternut squash cubed peeled
- ☐ 8 plums dried pitted chopped
- ☐ 2 cups less-sodium chicken broth fat-free
- ☐ 2 garlic cloves minced
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 2 teaspoons ground cumin
- ☐ 0.3 teaspoon ground ginger
- ☐ 1 teaspoon ground turmeric

- ☐ 1 tablespoon olive oil
- ☐ 3 ounces picholine olives pitted halved
- ☐ 2 cups onion chopped
- ☐ 1 teaspoon paprika
- ☐ 0.3 teaspoon salt
- ☐ 1 pound chicken breast boneless skinless cut into bite-sized pieces

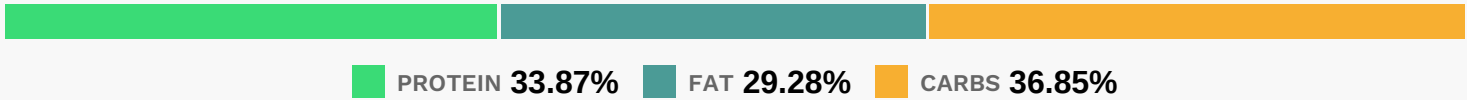
Equipment

- ☐ dutch oven

Directions

- ☐ Heat oil in a Dutch oven over medium heat.
- ☐ Add onion; cook 8 minutes or until golden, stirring occasionally. Stir in cumin and next 7 ingredients (through chicken); cook 1 minute, stirring constantly. Stir in broth, squash, olives, and dried plums; bring to a boil. Cover, reduce heat to medium-low, and simmer 10 minutes or until squash is tender.
- ☐ Garnish with parsley, if desired.

Nutrition Facts



Properties

Glycemic Index:29, Glycemic Load:5.13, Inflammation Score:-10, Nutrition Score:24.823912983355%

Flavonoids

Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 16.63mg, Quercetin: 16.63mg, Quercetin: 16.63mg, Quercetin: 16.63mg

Nutrients (% of daily need)

Calories: 310.99kcal (15.55%), Fat: 10.45g (16.07%), Saturated Fat: 1.67g (10.42%), Carbohydrates: 29.58g (9.86%), Net Carbohydrates: 24.46g (8.9%), Sugar: 12.66g (14.06%), Cholesterol: 72.57mg (24.19%), Sodium: 1081.24mg (47.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.19g (54.38%), Vitamin A: 6562IU (131.24%), Vitamin B3: 13.81mg (69.03%), Selenium: 40.11µg (57.3%), Vitamin B6: 1.14mg (56.99%), Phosphorus: 317.67mg (31.77%), Potassium: 975.51mg (27.87%), Vitamin C: 19.99mg (24.23%), Manganese: 0.48mg (23.82%), Vitamin B5: 2.19mg (21.89%), Fiber: 5.12g (20.46%), Magnesium: 74.67mg (18.67%), Vitamin E: 2.65mg (17.64%), Vitamin K: 16.06µg (15.3%), Iron: 2.49mg (13.84%), Vitamin B1: 0.2mg (13.36%), Vitamin B2: 0.22mg (13.02%), Copper: 0.23mg (11.34%), Folate: 38.23µg (9.56%), Calcium: 91.09mg (9.11%), Vitamin B12: 0.45µg (7.56%), Zinc: 1.11mg (7.43%)