



## Chicken, Date, and Apricot Tagine

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



671 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 3 cups couscous hot cooked
- 0.3 cup dates whole pitted sliced
- 0.3 cup apricots dried sliced
- 1.5 cups less-sodium chicken broth fat-free
- 2 tablespoons cilantro leaves fresh chopped
- 0.3 cup parsley fresh chopped
- 5 garlic cloves minced
- 0.5 teaspoon ground cinnamon

- 1 teaspoon ground cumin
- 0.5 teaspoon ground ginger
- 0.1 teaspoon ground pepper red
- 1 teaspoon ground turmeric
- 0.3 cup lemon sections peeled chopped
- 2 teaspoons julienne-cut lemon rind (1-inch)
- 1 tablespoon olive oil
- 1 cup onion chopped
- 0.5 teaspoon salt
- 3.5 pound meat from a rotisserie chicken whole

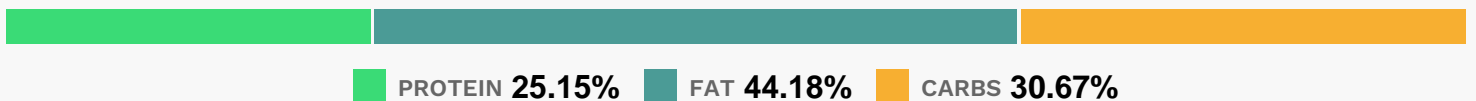
## Equipment

- dutch oven

## Directions

- Skin and cut chicken into 2 drumsticks, 2 thighs, 2 breast halves, and 2 wings. Reserve chicken wings for another use.
- Heat oil in a Dutch oven over medium-high heat.
- Add chicken; cook 5 minutes on each side or until browned.
- Add onion and the next 6 ingredients (onion through garlic); cook 4 minutes, stirring occasionally.
- Add broth, dates, apricots, rind, and salt. Bring to a boil; cover, reduce heat, and simmer 30 minutes or until the chicken is tender.
- Remove from heat; stir in the parsley, lemon sections, and cilantro.
- Serve over couscous.

## Nutrition Facts



## Properties

Glycemic Index:85.97, Glycemic Load:24.51, Inflammation Score:-10, Nutrition Score:27.749999419503%

## Flavonoids

Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg Eriodictyol: 3.77mg, Eriodictyol: 3.77mg, Eriodictyol: 3.77mg, Eriodictyol: 3.77mg Hesperetin: 4.93mg, Hesperetin: 4.93mg, Hesperetin: 4.93mg, Hesperetin: 4.93mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.9mg, Myricetin: 0.9mg, Myricetin: 0.9mg, Myricetin: 0.9mg Quercetin: 8.62mg, Quercetin: 8.62mg, Quercetin: 8.62mg, Quercetin: 8.62mg

## Nutrients (% of daily need)

Calories: 670.8kcal (33.54%), Fat: 32.97g (50.72%), Saturated Fat: 8.8g (55%), Carbohydrates: 51.5g (17.17%), Net Carbohydrates: 46.21g (16.8%), Sugar: 16.11g (17.9%), Cholesterol: 142.88mg (47.63%), Sodium: 786.17mg (34.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 42.23g (84.47%), Selenium: 63.31µg (90.45%), Vitamin K: 88.82µg (84.59%), Vitamin B3: 15.27mg (76.34%), Vitamin B6: 0.9mg (45.21%), Phosphorus: 358.48mg (35.85%), Vitamin C: 24.92mg (30.21%), Manganese: 0.52mg (25.76%), Vitamin B5: 2.53mg (25.32%), Potassium: 815.38mg (23.3%), Vitamin A: 1131.76IU (22.64%), Iron: 3.91mg (21.7%), Fiber: 5.29g (21.17%), Zinc: 3.14mg (20.92%), Vitamin B2: 0.32mg (18.99%), Magnesium: 69.74mg (17.44%), Vitamin B1: 0.24mg (16.31%), Copper: 0.27mg (13.52%), Folate: 51.22µg (12.81%), Vitamin B12: 0.76µg (12.68%), Vitamin E: 1.84mg (12.29%), Calcium: 82.14mg (8.21%), Vitamin D: 0.38µg (2.54%)