

Chicken Tagine

 **Gluten Free**  **Dairy Free**

READY IN



55 min.

SERVINGS



4

CALORIES



587 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 chicken cut into 8 pieces
- 2 cilantro leaves fresh
- 4 garlic clove chopped
- 1 teaspoon ground cinnamon
- 2 teaspoons ground ginger
- 0.5 cup kalamata olives pitted
- 0.3 cup olive oil divided
- 2 onion halved sliced

- 2 parsley fresh
- 0.5 teaspoon pepper freshly ground
- 2 simple preserved lemons cut into thin strips
- 1 pinch saffron threads
- 0.5 teaspoon salt
- 1 teaspoon turmeric

Equipment

- dutch oven
- tajine pot

Directions

- Combine first 3 ingredients.
- Sprinkle evenly on chicken; cover and chill until ready to cook.
- Heat 2 tablespoons olive oil in a large tagine or Dutch oven over medium-high heat. Brown chicken, in 2 batches, adding more oil if necessary. Return all chicken pieces to tagine, and top with onion and next 5 ingredients.
- Combine saffron and 3/4 cup water; pour over chicken. Bring to a boil. Reduce heat, cover, and simmer 30 minutes or until chicken is done, stirring halfway through cooking time.
- Stir in olives and Preserved Lemons; cook 5 minutes or until heated.
- Serve with hot cooked couscous, if desired.

Nutrition Facts



PROTEIN 25.04% **FAT 69.17%** **CARBS 5.79%**

Properties

Glycemic Index:58.25, Glycemic Load:1.48, Inflammation Score:-10, Nutrition Score:18.174782421278%

Flavonoids

Apigenin: 1.09mg, Apigenin: 1.09mg, Apigenin: 1.09mg, Apigenin: 1.09mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg

Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 11.75mg, Quercetin: 11.75mg, Quercetin: 11.75mg, Quercetin: 11.75mg

Nutrients (% of daily need)

Calories: 587.3kcal (29.37%), Fat: 44.95g (69.15%), Saturated Fat: 10.49g (65.55%), Carbohydrates: 8.47g (2.82%), Net Carbohydrates: 6.28g (2.28%), Sugar: 2.54g (2.83%), Cholesterol: 142.83mg (47.61%), Sodium: 691.54mg (30.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.61g (73.22%), Vitamin B3: 13.23mg (66.13%), Selenium: 28.9µg (41.28%), Vitamin B6: 0.79mg (39.69%), Manganese: 0.66mg (32.9%), Phosphorus: 305.7mg (30.57%), Vitamin K: 23.43µg (22.32%), Vitamin E: 3.23mg (21.53%), Vitamin B5: 1.84mg (18.4%), Zinc: 2.71mg (18.08%), Vitamin B2: 0.25mg (14.91%), Potassium: 499.04mg (14.26%), Iron: 2.56mg (14.23%), Magnesium: 50.58mg (12.64%), Vitamin C: 9.15mg (11.1%), Vitamin B1: 0.15mg (10.12%), Vitamin B12: 0.59µg (9.84%), Vitamin A: 447.11IU (8.94%), Fiber: 2.2g (8.79%), Copper: 0.16mg (7.91%), Folate: 24.26µg (6.07%), Calcium: 57.66mg (5.77%), Vitamin D: 0.38µg (2.54%)