



Chicken Tagine

 Dairy Free

READY IN



60 min.

SERVINGS



6

CALORIES



973 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon vegetable oil
- 10.5 lb chicken whole
- 1 medium onion sliced
- 2 cloves garlic finely chopped
- 0.3 cup cilantro leaves fresh chopped
- 1 teaspoon ground cumin
- 1 teaspoon turmeric
- 1 teaspoon ground ginger

- 1 teaspoon salt
- 1 cinnamon sticks (2 inches long)
- 1 cup chicken broth (from 32-oz carton)
- 14.5 oz tomatoes diced undrained canned
- 1 cup prune- cut to pieces dried cut into bite-size pieces
- 0.5 cup olive whole green pitted
- 1 small optional: lemon cut into fourths
- 1 serving couscous hot cooked

Equipment

- dutch oven

Directions

- In 4-quart Dutch oven, heat oil over medium-high heat.
- Place chicken, skin sides down, in hot oil; add onion and garlic. Cook 6 to 10 minutes, turning chicken occasionally, until chicken is brown on all sides.
- Reduce heat to medium.
- Sprinkle cilantro, cumin, turmeric, ginger and salt over chicken.
- Add cinnamon stick; pour broth and tomatoes over chicken. Turn chicken several times to coat evenly.
- Add plums, olives and lemon, pressing into liquid around chicken. Reduce heat to low. Cover and simmer about 30 minutes or until juice of chicken is clear when thickest part is cut to bone (170°F for breasts; 180°F for thighs and legs).
- Remove chicken to deep serving platter; cover to keep warm. Increase heat to high; boil sauce uncovered about 5 minutes, stirring occasionally, until thickened.
- Pour sauce over chicken.
- Garnish with additional chopped fresh cilantro if desired.
- Serve over couscous.

Nutrition Facts



■ PROTEIN 30.32% ■ FAT 57.42% ■ CARBS 12.26%

Properties

Glycemic Index:37.25, Glycemic Load:7.43, Inflammation Score:-10, Nutrition Score:32.341304405876%

Flavonoids

Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 5.16mg, Quercetin: 5.16mg, Quercetin: 5.16mg, Quercetin: 5.16mg

Nutrients (% of daily need)

Calories: 972.97kcal (48.65%), Fat: 61.88g (95.2%), Saturated Fat: 17.08g (106.78%), Carbohydrates: 29.73g (9.91%), Net Carbohydrates: 25.12g (9.13%), Sugar: 14.21g (15.79%), Cholesterol: 286.55mg (95.52%), Sodium: 1076.71mg (46.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 73.51g (147.03%), Vitamin B3: 27.31mg (136.56%), Selenium: 59.43µg (84.9%), Vitamin B6: 1.54mg (76.97%), Phosphorus: 611.55mg (61.16%), Vitamin B5: 3.8mg (37.95%), Zinc: 5.39mg (35.95%), Vitamin B2: 0.59mg (34.69%), Potassium: 1161.03mg (33.17%), Vitamin K: 31.7µg (30.19%), Vitamin C: 24.17mg (29.29%), Iron: 5.15mg (28.6%), Manganese: 0.54mg (27.03%), Magnesium: 104.94mg (26.23%), Vitamin B1: 0.31mg (20.93%), Vitamin B12: 1.19µg (19.82%), Vitamin A: 940.53IU (18.81%), Fiber: 4.62g (18.46%), Copper: 0.36mg (18.17%), Vitamin E: 2.46mg (16.42%), Calcium: 105.42mg (10.54%), Folate: 37.95µg (9.49%), Vitamin D: 0.76µg (5.08%)