



 **18%**
HEALTH SCORE

Chicken Tagine

 Dairy Free

READY IN



330 min.

SERVINGS



8

CALORIES



352 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 large carrots thinly sliced
- 2 cups chicken broth
- 1 teaspoon cinnamon
- 1 cup couscous
- 0.5 cup apricot dried chopped
- 0.5 cup cranberries dried
- 1 eggplant cut into 1 inch cubes
- 2 tablespoons flour all-purpose

- 2 teaspoons garlic salt
- 1.5 teaspoons ground cumin
- 1.5 teaspoons ground ginger
- 0.8 teaspoon pepper black
- 2 tablespoons juice of lemon
- 2 tablespoons olive oil
- 2 large onion thinly sliced
- 8 chicken thighs boneless skinless cut into 1-inch pieces
- 2 tablespoons tomato paste
- 1 cup water

Equipment

- bowl
- frying pan
- sauce pan
- whisk
- slow cooker

Directions

- Heat olive oil in a skillet over medium-high heat.
- Place the chicken pieces and eggplant in the heated oil; stir and cook until the chicken is browned on all sides but not cooked through.
- Remove the skillet from the heat.
- Place the browned chicken and eggplant on the bottom of a slow cooker.
- Layer the onion, carrots, dried cranberries, and apricots over the chicken.
- Whisk together the chicken broth, tomato paste, lemon juice, flour, garlic salt, cumin, ginger, cinnamon, and ground black pepper in a bowl.
- Pour the broth mixture into the slow cooker with the chicken and vegetables.
- Cook on High setting for 5 hours, or on Low setting for 8 hours.

Bring water to boil in a saucepan. Stir in couscous, and remove from heat. Cover, and let stand about 5 minutes, until liquid has been absorbed. Fluff with a fork.

Nutrition Facts



PROTEIN 30.36% **FAT 22.55%** **CARBS 47.09%**

Properties

Glycemic Index:45.53, Glycemic Load:15.43, Inflammation Score:-10, Nutrition Score:21.988695704419%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Delphinidin: 49.07mg, Delphinidin: 49.07mg, Delphinidin: 49.07mg, Delphinidin: 49.07mg 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: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 8.07mg, Quercetin: 8.07mg, Quercetin: 8.07mg, Quercetin: 8.07mg

Nutrients (% of daily need)

Calories: 351.91kcal (17.6%), Fat: 8.91g (13.71%), Saturated Fat: 1.76g (11.01%), Carbohydrates: 41.88g (13.96%), Net Carbohydrates: 35.94g (13.07%), Sugar: 16.02g (17.8%), Cholesterol: 108.53mg (36.17%), Sodium: 964.76mg (41.95%), Alcohol: 0g (100%), Protein: 27.01g (54.01%), Vitamin A: 6417.06IU (128.34%), Vitamin B3: 8.51mg (42.56%), Selenium: 27.49µg (39.27%), Manganese: 0.72mg (35.87%), Vitamin B6: 0.7mg (35%), Phosphorus: 302.61mg (30.26%), Fiber: 5.94g (23.75%), Potassium: 784.15mg (22.4%), Vitamin B5: 2.02mg (20.18%), Vitamin B2: 0.33mg (19.42%), Vitamin B1: 0.24mg (15.71%), Zinc: 2.3mg (15.35%), Magnesium: 60.35mg (15.09%), Copper: 0.27mg (13.34%), Vitamin K: 13.99µg (13.32%), Iron: 2.34mg (12.99%), Vitamin E: 1.86mg (12.38%), Vitamin B12: 0.74µg (12.25%), Vitamin C: 8.62mg (10.45%), Folate: 41.01µg (10.25%), Calcium: 59mg (5.9%)