



Chicken Tagine with Apricots and Almonds

 Gluten Free

READY IN



300 min.

SERVINGS



4

CALORIES



595 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup apricots dried separated
- 0.5 teaspoon pepper black
- 0.3 cup blanched almonds and whole
- 3 lb chicken cut into 6 pieces, wings and backbone discarded
- 1 stick cinnamon (3-inch)
- 5 cilantro leaves fresh
- 5 sprigs parsley fresh
- 4 garlic clove finely chopped

- 1 teaspoon ground cinnamon
- 1 teaspoon ground ginger
- 2 tablespoons honey
- 3 tablespoons olive oil
- 1 medium onion red halved sliced
- 1.3 teaspoons salt
- 0.5 teaspoon turmeric
- 1 tablespoon butter unsalted
- 1.5 cups water

Equipment

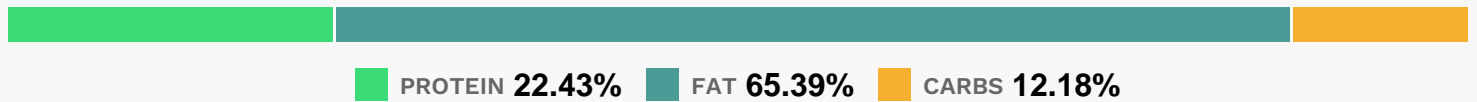
- bowl
- frying pan
- paper towels
- sauce pan
- slotted spoon
- kitchen twine
- tajine pot

Directions

- Stir together ground cinnamon, ginger, turmeric, pepper, 1 teaspoon salt, and 2 tablespoons oil in a large bowl.
- Add chicken and turn to coat well.
- Heat butter and 1 tablespoon oil in base of tagine (or in skillet), uncovered, over moderate heat until hot but not smoking, then brown half of chicken, skin sides down, turning over once, 8 to 12 minutes.
- Transfer to a plate. Brown remaining chicken in same manner, adding any spice mixture left in bowl.
- Add onion and remaining 1/4 teaspoon salt to tagine and cook, uncovered, stirring frequently, until soft, about 8 minutes.

- Add garlic and cook, stirring occasionally, 3 minutes. Tie cilantro and parsley into a bundle with kitchen string and add to tagine along with 1/2 cup water, chicken, and any juices accumulated on plate. Reduce heat and simmer, covered, 30 minutes.
- While chicken cooks, bring honey, remaining cup water, cinnamon stick, and apricots to a boil in a 1- to 2-quart heavy saucepan, then reduce heat and simmer, uncovered, until apricots are very tender (add more water if necessary). Once apricots are tender, simmer until liquid is reduced to a glaze, 10 to 15 minutes.
- While apricots cook, heat remaining 1/4 cup oil in a small skillet over moderate heat and cook almonds, stirring occasionally, until just golden, 1 to 2 minutes.
- Transfer with a slotted spoon to paper towels to drain.
- Ten minutes before chicken is done, add apricot mixture to tagine. Discard herbs and cinnamon stick, then serve chicken sprinkled with almonds on top.

Nutrition Facts



Properties

Glycemic Index:65.48, Glycemic Load:6.17, Inflammation Score:-9, Nutrition Score:20.037826133811%

Flavonoids

Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg Epicatechin: 0.92mg, Epicatechin: 0.92mg, Epicatechin: 0.92mg, Epicatechin: 0.92mg Apigenin: 2.71mg, Apigenin: 2.71mg, Apigenin: 2.71mg, Apigenin: 2.71mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 7.28mg, Quercetin: 7.28mg, Quercetin: 7.28mg, Quercetin: 7.28mg

Nutrients (% of daily need)

Calories: 594.75kcal (29.74%), Fat: 43.61g (67.1%), Saturated Fat: 10.75g (67.17%), Carbohydrates: 18.27g (6.09%), Net Carbohydrates: 15.27g (5.55%), Sugar: 12.18g (13.53%), Cholesterol: 129.99mg (43.33%), Sodium: 852.52mg (37.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.66g (67.33%), Vitamin B3: 11.78mg (58.9%), Manganese: 0.8mg (40.2%), Vitamin K: 38.94µg (37.09%), Selenium: 24.92µg (35.6%), Vitamin B6: 0.68mg (34.11%), Vitamin E: 4.85mg (32.34%), Phosphorus: 313.14mg (31.31%), Vitamin A: 970.36IU (19.41%), Zinc: 2.69mg (17.93%), Magnesium: 71.28mg (17.82%), Vitamin B2: 0.3mg (17.73%), Vitamin B5: 1.66mg (16.58%), Potassium: 528.3mg (15.09%), Iron: 2.57mg (14.27%), Copper: 0.26mg (12.93%), Vitamin C: 10.03mg (12.16%), Fiber: 3g (11.99%), Vitamin B1: 0.15mg (9.76%), Vitamin B12: 0.51µg (8.54%), Calcium: 80.82mg (8.08%), Folate: 26.01µg (6.5%), Vitamin D: 0.38µg (2.53%)