



Chicken Tagine with Apricots and Spiced Pine Nuts

 Gluten Free

READY IN



120 min.

SERVINGS



4

CALORIES



626 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cilantro leaves
- ☐ 1 stick cinnamon (2-inch)
- ☐ 6 apricot dried chopped
- ☐ 1 tablespoon flat parsley finely chopped
- ☐ 2 garlic clove minced
- ☐ 1 tablespoon ginger grated peeled
- ☐ 4 servings lemon wedges

- ☐ 1 tablespoon olive oil
- ☐ 2 tablespoons orange marmalade
- ☐ 0.3 cup pinenuts
- ☐ 1 cup shallots finely chopped
- ☐ 0.3 teaspoon paprika sweet
- ☐ 1 thyme leaves
- ☐ 0.3 teaspoon turmeric
- ☐ 1 tablespoon butter unsalted
- ☐ 1 cup water
- ☐ 3.5 pound chicken whole

Equipment

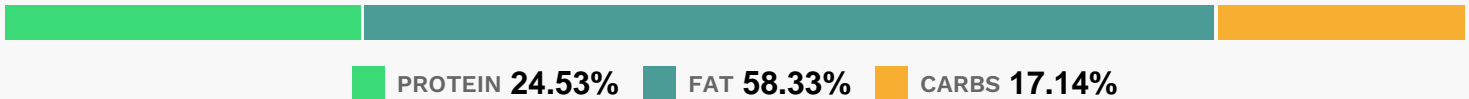
- ☐ bowl
- ☐ frying pan
- ☐ pot

Directions

- ☐ Cut out and reserve wings and backbone from chicken.
- ☐ Cut breast in half through bone, then cut off legs and cut to separate into thighs and drumsticks (for a total of 6 serving pieces, not including wings and backbone). Pat chicken pieces dry and sprinkle with 1 teaspoon salt.
- ☐ Heat 1 tablespoon oil in a 12-inch heavy skillet over medium heat until it shimmers, then brown chicken breasts, skin sides down, without turning, 5 minutes.
- ☐ Transfer to a plate. Brown thighs and legs, turning once, 8 to 10 minutes, transferring to plate. Brown wings and backbone in same manner.
- ☐ Cook shallots in butter with remaining tablespoon oil in a 5- to 6-quart heavy pot over medium heat, stirring frequently, until soft, 8 to 10 minutes.
- ☐ Add garlic, ginger, turmeric, and paprika and cook, stirring, 3 minutes.
- ☐ Add chicken with any juices from plate, saffron (if using), and 1/2 teaspoon salt to shallot mixture and turn chicken to coat.

- ☐ Add water and bring to a boil, covered, then cook at a bare simmer, covered, 30 minutes.
- ☐ Turn chicken and add orange preserves, cinnamon stick, thyme, cilantro sprigs, and apricots. Simmer, covered, 10 minutes. Uncover and simmer until chicken is very tender, 10 to 15 minutes more.
- ☐ Heat oil in a small heavy skillet over medium heat until it shimmers, then stir in pine nuts, turmeric, paprika, and cayenne (if using) and cook, stirring frequently, until nuts are lightly browned, 1 to 2 minutes (watch carefully; they burn easily).
- ☐ Transfer to a small bowl.
- ☐ Transfer chicken to a platter and keep warm, covered. If sauce is not thick, boil, stirring occasionally, until reduced to about 1 cup. Discard herb sprigs, cinnamon stick, wings, and backbone. Stir in chopped cilantro and spoon sauce over chicken.
- ☐ Sprinkle with nuts.
- ☐ Chateau Reynella McLaren Vale Grenache '04

Nutrition Facts



Properties

Glycemic Index:66.97, Glycemic Load:4.87, Inflammation Score:-9, Nutrition Score:23.114782965702%

Flavonoids

Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg

Nutrients (% of daily need)

Calories: 626.24kcal (31.31%), Fat: 41g (63.08%), Saturated Fat: 10.93g (68.34%), Carbohydrates: 27.1g (9.03%), Net Carbohydrates: 23.23g (8.45%), Sugar: 17.49g (19.43%), Cholesterol: 150.41mg (50.14%), Sodium: 152.6mg (6.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.8g (77.6%), Vitamin B3: 13.85mg (69.23%), Manganese: 1.19mg (59.3%), Vitamin B6: 0.93mg (46.49%), Selenium: 28.84µg (41.2%), Phosphorus: 379.47mg (37.95%), Vitamin K: 30.52µg (29.07%), Zinc: 3.41mg (22.72%), Potassium: 788.47mg (22.53%), Vitamin A: 1025.77IU (20.52%), Vitamin B5: 2.03mg (20.3%), Magnesium: 79.76mg (19.94%), Iron: 3.56mg (19.79%), Vitamin E: 2.59mg (17.29%), Copper: 0.33mg (16.68%), Vitamin B2: 0.28mg (16.5%), Fiber: 3.88g (15.5%), Vitamin C: 11.6mg (14.06%), Vitamin B1: 0.19mg

(12.62%), Vitamin B12: 0.6µg (9.94%), Folate: 39.38µg (9.84%), Calcium: 72.84mg (7.28%), Vitamin D: 0.43µg (2.89%)