



Chicken Tagine with Artichoke Hearts and Peas



Gluten Free



Dairy Free

READY IN



75 min.

SERVINGS



25

CALORIES



18 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 meat from a rotisserie chicken separated fat removed halved
- ☐ 8 artichoke hearts frozen thawed quartered
- ☐ 0.5 teaspoon ground coriander
- ☐ 0.5 teaspoon ground cumin
- ☐ 0.5 teaspoon ground ginger
- ☐ 1.5 cups chicken stock see low-sodium
- ☐ 2 medium onions minced coarsely chopped

- ☐ 0.5 teaspoon paprika hot
- ☐ 1 cup peas frozen thawed
- ☐ 0.3 simple preserved lemons minced
- ☐ 6 saffron threads crumbled
- ☐ 25 servings salt and pepper black freshly ground
- ☐ 2 medium tomatoes cut into eighths
- ☐ 0.3 teaspoon turmeric

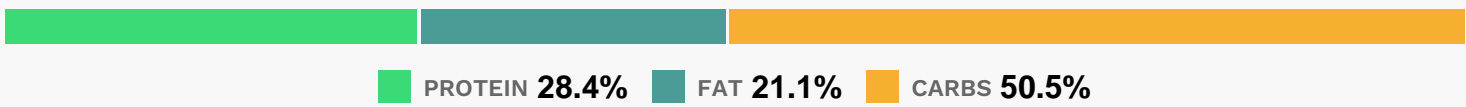
Equipment

- ☐ bowl
- ☐ tajine pot

Directions

- ☐ Season the chicken pieces with salt and pepper. In a medium, enameled cast-iron casserole, combine the chicken with the coarsely chopped onion and the chicken stock and bring to a boil. In a small bowl, mix the saffron threads with the ginger, coriander, cumin, paprika and turmeric. Stir the spice mixture into the broth. Cover and simmer over low heat, turning the chicken pieces once, until the breast pieces are just white throughout, about 25 minutes; transfer the breast pieces to a bowl and cover. Continue to simmer the drumsticks and thighs, covered, until done, about 15 minutes longer; transfer to the bowl with the breast pieces and keep covered.
- ☐ Add the minced onion, the tomatoes, preserved lemon and artichoke hearts to the casserole and simmer over moderate heat until the broth is richly flavored, about 5 minutes. Season with salt and pepper and add the peas. Return the chicken to the casserole and simmer gently, turning a few times, until heated through.
- ☐ Serve the tagine in shallow bowls.

Nutrition Facts



Properties

Glycemic Index:9.45, Glycemic Load:0.53, Inflammation Score:-3, Nutrition Score:1.7639130673007%

Flavonoids

Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.84mg, Quercetin: 1.84mg, Quercetin: 1.84mg, Quercetin: 1.84mg

Nutrients (% of daily need)

Calories: 18.07kcal (0.9%), Fat: 0.45g (0.69%), Saturated Fat: 0.12g (0.72%), Carbohydrates: 2.41g (0.8%), Net Carbohydrates: 1.73g (0.63%), Sugar: 0.99g (1.1%), Cholesterol: 2.79mg (0.93%), Sodium: 8.85mg (0.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.36g (2.71%), Vitamin C: 4.36mg (5.29%), Manganese: 0.08mg (4.07%), Vitamin A: 149.23IU (2.98%), Vitamin B3: 0.55mg (2.73%), Fiber: 0.68g (2.73%), Vitamin K: 2.53µg (2.41%), Phosphorus: 21.44mg (2.14%), Potassium: 74.75mg (2.14%), Vitamin B6: 0.04mg (2.1%), Folate: 7.48µg (1.87%), Vitamin B1: 0.03mg (1.76%), Copper: 0.03mg (1.57%), Iron: 0.25mg (1.39%), Magnesium: 5.39mg (1.35%), Vitamin B2: 0.02mg (1.34%), Zinc: 0.19mg (1.24%), Selenium: 0.78µg (1.11%)